



NATURE'S SUNSHINE

SF

GOOD FOR

Digestive System

Urinary System

Colon (Large Intestine)

SIZE 100 Capsules

ITEM # 1067

SERVING 2

SUPPLY 16 days

DIRECTIONS FOR USE Take 2 capsules one-half hour before meals three times daily.

— How the Key Ingredients Work

SF brings together time-honored herbs and botanicals that work together to support comfortable digestion, natural cleansing, and whole-body wellness. Each ingredient was chosen for its traditional roots and the research behind it, so your body gets thoughtful, balanced support from the inside out.

Cascara Sagrada — One of North America's most trusted traditional laxatives, cascara sagrada comes from the dried bark of a native tree used by Indigenous peoples for centuries. It gently encourages the colon to move things along and helps the body hold onto less water in the gut, supporting a comfortable, timely bowel movement and an overall feeling of digestive ease.

Hawthorn — Hawthorn berries and leaves have been a go-to heart-supporting herb since the 1800s. Rich in plant compounds called flavonoids and proanthocyanidins, hawthorn helps support healthy blood pressure, promotes good circulation, and acts as a powerful antioxidant — helping protect the body's cells from everyday wear and tear.

Papaya — Tropical papaya brings more than great taste to this formula. It contains natural enzymes that help break down proteins and ease digestion, and clinical studies show papaya preparations can reduce bloating, gas, and stomach discomfort. Its rich supply of antioxidants — including lycopene, beta-carotene, and vitamin C — also helps the body defend against oxidative stress.

Licorice Root — Licorice root has been prized in herbal traditions around the world for thousands of years. It helps soothe the digestive lining, supports comfortable acid levels in the stomach, and has been shown in clinical studies to ease heartburn and regurgitation. It also has natural antispasmodic qualities that help calm an unhappy gut.

Black Walnut — The hull of the black walnut tree is packed with polyphenols and a unique compound called juglone. Research shows black walnut hull can help the body maintain a healthy balance of yeast and fungi, and laboratory studies confirm it can inhibit the growth of Candida. It also delivers meaningful antioxidant support and has traditionally been used to support a clean, balanced gut environment.

Chickweed — This humble garden herb has a long history in both Western and traditional Chinese herbalism. Chickweed is rich in flavonoids and phenolic acids that help the body manage oxidative stress and support a calm, balanced inflammatory response. It has also been used traditionally to soothe the skin, and in vitro studies back up its antioxidant activity in human skin cells.

Fennel — Fennel seed is a classic digestive herb found in Ayurvedic, European, and Chinese medicine traditions. Its natural essential oils help relax the muscles of the digestive tract, easing bloating, cramping, and gas after meals. Fennel also brings its own antioxidant punch through a rich supply of polyphenols and flavonoids, making it a well-rounded addition to any cleansing formula.

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