



NATURE'S SUNSHINE

SUMA (Combination)

GOOD FOR

Immune System

Nervous System

Adrenals

SIZE **100 Capsules**

ITEM # **1088**

SERVING **2-3**

SUPPLY **11-16 days**

DIRECTIONS FOR USE Take 2-3 capsules with a meal three times daily.

— How the Key Ingredients Work

SUMA Combination brings together six time-honored herbs — each chosen for the way it supports a different piece of your overall wellness puzzle. From everyday energy and a calm mind to a resilient immune system and healthy circulation, this formula is designed to work with your body, not against it.

Suma (Brazilian Ginseng) — The heart of this formula, suma root has been used for generations in Brazil as a strengthening, balancing tonic. Research suggests it may help support healthy red blood cell function, ease feelings of stress and anxiety, and provide antioxidant protection — making it a true whole-body nourisher rooted in centuries of traditional use.

Astragalus — A cornerstone of traditional Chinese wellness for thousands of years, astragalus is prized for the way it helps keep the immune system balanced and resilient. Studies also point to its ability to help the body defend itself against oxidative stress, and it has been explored for supporting healthy blood and cardiovascular comfort.

Echinacea Purpurea — Best known as a go-to herb when you want to give your immune system a helping hand, echinacea purpurea has been studied extensively for supporting respiratory health and helping the body respond to everyday challenges. It also brings natural antioxidant properties and has been researched for its role in supporting clear, healthy-looking skin.

Eleuthero (Siberian Ginseng) — Often called Siberian ginseng, eleuthero has a long history of use in Russian and Chinese traditions for building stamina and helping the body handle stress. Research suggests it supports healthy cortisol balance, promotes mental endurance, and may help maintain steady blood sugar levels — a true adaptogenic ally for busy days.

Ginkgo Biloba — One of the world's oldest living tree species, ginkgo biloba is celebrated for supporting healthy circulation, especially to the brain and extremities. Clinical research points to its ability to help maintain sharp mental focus, ease feelings of anxiety, and deliver meaningful antioxidant support — all thanks to its unique blend of flavonoids and terpenes.

Gotu Kola — Revered in Ayurvedic tradition as a herb for the mind and body alike, gotu kola has been studied for its calming effects on anxiety, its ability to activate the body's own antioxidant defenses, and its support for healthy skin and wound healing. It's a gentle yet well-researched herb that rounds out this formula beautifully.

 (888) 510-7196  service@caringsunshine.com

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