



NATURE'S SUNSHINE

THIM-J

GOOD FOR

Immune System

Thymus

Lymphatic System

SIZE **100 Capsules**

ITEM # **1089**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

THIM-J brings together a thoughtfully chosen blend of vegetables, herbs, and nutrients — each one chosen because it naturally supports the body's defenses, energy, and overall balance. Together they form a broad-spectrum daily formula that nourishes multiple body systems at once, from your cells outward.

Vitamin A — One of the body's most essential nutrients, Vitamin A helps keep your eyes, skin, and immune system working the way they should. It also plays a quiet but important role in protecting cells from everyday oxidative wear and tear, and supports healthy iron use throughout the body.

Rose Hips — The fruit of the rose plant is one of nature's most concentrated sources of vitamin C and protective plant compounds. Rose hips have been studied for supporting comfortable joint movement, helping maintain healthy blood pressure, and delivering powerful antioxidant support that helps the body stay resilient day to day.

Wheatgrass — Harvested young — just 7 to 10 days after sprouting — wheatgrass is packed with chlorophyll, flavonoids, and other plant nutrients. Research has looked at its role in supporting healthy red blood cell activity, helping the body manage cholesterol levels, and providing antioxidant protection that may reduce everyday oxidative stress.

Red Clover — A flowering plant from the legume family, red clover is rich in natural plant compounds called isoflavones. Clinical studies have explored its ability to support arterial flexibility and help maintain healthy bone density, particularly for women going through hormonal changes. It also contributes meaningful antioxidant activity to the formula.

Parsley — Far more than a garnish, parsley is one of the most nutrient-dense herbs in this blend. It's loaded with flavonoids like apigenin that support healthy arteries, help the body manage blood pressure, and protect against oxidative damage. Parsley also has a long traditional history of supporting healthy circulation and fluid balance.

Eleuthero — Known in traditional Russian and Chinese medicine as a go-to herb for stamina and resilience, eleuthero — sometimes called Siberian ginseng — helps the body adapt to everyday stress. Research supports its role in supporting healthy cortisol balance, mental endurance, and steady energy, making it a cornerstone adaptogen in this formula.

Cabbage Leaf — Cabbage is a cruciferous powerhouse loaded with glucosinolates, flavonoids, vitamin C, and carotenoids. Studies show it supports healthy blood pressure and blood sugar balance, and a human dietary trial confirmed that eating cabbage meaningfully raises antioxidant levels in the blood. Its joint-comfort benefits have also been explored in clinical research.

Broccoli — Broccoli brings sulforaphane — one of the most well-researched plant compounds in nutrition science — to this formula. Multiple clinical trials show broccoli sprout extract can support healthy blood pressure, help the body manage blood sugar, and significantly boost the body's own antioxidant defenses. It also supports comfortable joint function.

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