



NATURE'S SUNSHINE

Women's X-Action

Vegetarian

Organic

Non-GMO

GOOD FOR

Female Reproductive System

Endocrine System

Nervous System

SIZE **100 Capsules**

ITEM # **1121**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take two capsules with a meal three times daily. For best results, use with DHEA-F and Vitamin E.

— How the Key Ingredients Work

Women's X-Action brings together a thoughtfully chosen blend of botanicals, amino acids, and omega-3s that work together to support your energy, comfort, and overall vitality. Each ingredient was selected to help your body feel its best from the inside out.

DHA (Docosahexaenoic Acid) — An omega-3 fatty acid your brain and body genuinely love, DHA helps support a healthy mood, sharp thinking, and comfortable joints. It also promotes healthy blood vessels and a balanced inflammatory response — the kind of everyday foundation that keeps you feeling steady and well.

L-Arginine — This naturally occurring amino acid helps your body maintain healthy circulation by supporting the production of nitric oxide, which encourages blood vessels to relax and flow freely. It also plays a role in helping the body manage everyday stress and supports a healthy antioxidant defense system.

Frankincense (Boswellia) — Prized for thousands of years across cultures, frankincense resin comes from the Boswellia tree and has long been valued for its ability to help soothe the body's natural inflammatory response. It's a time-honored botanical ally for joint comfort and overall ease of movement.

Licorice Root — Far more than a candy flavor, licorice root has a rich history in herbal medicine for supporting digestive comfort, a calm stomach lining, and healthy acid balance. It also helps the body maintain its natural cortisol rhythm, making it a gentle supporter of everyday stress resilience.

Chondrus (Irish Moss) — Harvested from the rocky Atlantic coastline, Irish moss is a nutrient-rich red algae that has been used in Celtic herbal traditions for centuries. Its naturally occurring sulfated compounds have structural similarities to the building blocks found in healthy connective tissue, making it a traditional go-to for joint and flexibility support.

Evodiamine — Derived from the fruit of Evodia rutaecarpa, a plant long used in traditional Chinese wellness practices, evodiamine is known for its warming, thermogenic qualities. Research suggests it may help support the body's natural heat-producing processes, making it a popular addition to formulas focused on healthy metabolism and energy balance.

Cannabigerol (CBG) — CBG is a non-psychoactive cannabinoid found in Cannabis sativa that works gently with the body's own internal balance systems. Unlike THC, it produces no mind-altering effects. It's included here for its emerging role in supporting overall wellness and a calm, comfortable sense of balance throughout the body.

Bovine Protein — Sourced from cattle, bovine protein provides a broad spectrum of amino acids and naturally occurring protein fractions that help support muscle maintenance, recovery, and everyday nourishment. It's a wholesome, bioavailable protein source that helps lay the nutritional groundwork for an active, energetic lifestyle.

Bleeding Heart (Dicentra spp.) — Bleeding heart is a flowering plant from the fumitory family with a long history of traditional use in herbal wellness. Traditionally valued for its soothing properties, it has been used to support comfort and ease in the body. Its inclusion here honors time-tested botanical wisdom passed down through generations of herbal practice.

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