



NATURE'S SUNSHINE

Anti-Gas Formula (With Lobelia)

GOOD FOR

Digestive System

Stomach

Small Intestine

SIZE **100 Capsules**

ITEM # **1198**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules after meals three times daily.

— How the Key Ingredients Work

Anti-Gas Formula brings together nine time-honored botanicals — each chosen for its traditional role in soothing the digestive tract, easing bloating and discomfort, and helping your body process food more comfortably. Together they work as a team to support a happier, calmer gut every day.

Papaya — Papaya has been used for generations as a digestive aid, and modern research backs that up. Clinical studies show papaya preparations can meaningfully reduce bloating, gas, stomach pain, and discomfort after meals. It also provides a range of natural antioxidants — including lycopene, beta-carotene, and vitamin C — that help protect the body from everyday oxidative stress.

Ginger — Ginger has a 2,500-year track record of calming upset stomachs, and science confirms why: it helps food move through the digestive system more efficiently, easing that heavy, overfull feeling. Clinical reviews show it can reduce bloating, abdominal pain, and IBS-related symptoms, making it one of the most well-studied digestive herbs available.

Peppermint — Peppermint is one of the most thoroughly researched herbs for digestive comfort. A review of 12 clinical trials found peppermint oil significantly improved bloating, gas, and abdominal pain. Its natural active compound, menthol, helps relax the smooth muscles of the gut, allowing trapped gas to pass and tension to ease more quickly and comfortably.

Fennel — Fennel has been treasured as a carminative — a gas-relieving herb — across European, Ayurvedic, and Chinese herbal traditions for centuries. Its natural essential oils help relax the muscles of the colon, reducing cramping and making it easier for the digestive tract to release built-up gas and bloating after meals.

Spearmint Leaf — Spearmint brings a gentle, cooling quality to this formula. Its key active compound, carvone, has been shown to help relax the smooth muscle of the gastrointestinal tract, which can ease cramping and abdominal discomfort. Spearmint also contributes natural antioxidants like rosmarinic acid and flavonoids that support overall wellness.

Catnip — Catnip — well known for its effect on cats — has a long history of traditional use in herbal medicine as a gentle digestive soother. Herbalists have used it for centuries to help calm stomach upset, ease colic, and relieve gas. It belongs to the mint family and shares some of the same soothing, antispasmodic qualities as its botanical relatives.

Wild Yam — Wild yam, sometimes called colic root, has a name that hints at its traditional role: soothing digestive cramping and discomfort. Herbalists have long used it to ease abdominal spasms and colicky pain. Preclinical research also points to antioxidant activity and anti-inflammatory properties in its key compounds, supporting overall gut and body wellness.

Dong Quai Root — Dong quai root, known in Traditional Chinese Medicine as a classic wellness tonic, has been used for over 2,000 years to support the body's overall balance and comfort. While it is best known as a women's herb, it also has a place in digestive support formulas, where it contributes its traditional role of promoting smooth, comfortable body function.

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