



NATURE'S SUNSHINE

Gall Bladder Formula

Vegan

Kosher

Halal

Non-GMO

Gluten Free

GOOD FOR

Gallbladder

Liver

Digestive System

SIZE **100 Capsules**ITEM # **1202**SERVING **2**SUPPLY **16 days**

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

— How the Key Ingredients Work

Gall Bladder Formula brings together time-honored herbs that have long been used to support healthy digestion, ease abdominal discomfort, and help your body keep things moving smoothly. Each ingredient plays its own role in nurturing your digestive system and overall wellness.

Oregon Grape — Oregon grape has been used for centuries as a digestive tonic. Its key compounds have been studied for their ability to support healthy blood sugar balance and help the body defend against unwanted yeast overgrowth. It also brings antioxidant properties, helping to protect cells from everyday oxidative stress.

Ginger — One of the world's most beloved digestive herbs, ginger has been used for over 2,500 years to soothe an unhappy stomach. It helps speed up the natural emptying of the stomach, eases bloating and abdominal discomfort, and supports healthy gut movement — making it a cornerstone of any digestive formula.

Fennel — Fennel seed is a classic carminative — a fancy word for an herb that helps ease gas, bloating, and cramping after meals. Its natural oils help relax the muscles of the digestive tract, making it easier for your body to process food comfortably. Fennel is used across European, Ayurvedic, and Chinese herbal traditions for exactly this purpose.

Peppermint — Cool and refreshing, peppermint is one of the most well-researched herbs for digestive comfort. Studies show it helps calm the muscles of the gut, easing abdominal pain and general digestive upset. It has been shown in multiple clinical reviews to support overall digestive wellness and help the gut feel more at ease after meals.

Feverfew — Feverfew is best known for its long history of supporting comfort and easing inflammation in the body. Its active compounds have been shown in laboratory and clinical studies to help reduce the body's inflammatory response. It also supports healthy circulation by helping to keep platelets from clumping together unnecessarily.

Wild Yam — Wild yam has a long tradition of use as a soothing herb for the digestive system, particularly for cramping and discomfort. Its natural compounds have shown anti-inflammatory activity in preclinical research, and a small human study found it may support healthy antioxidant levels and even help raise beneficial HDL cholesterol.

Catnip — Though famous for its effect on cats, catnip has a long history in herbal medicine as a gentle digestive and calming herb for people. Belonging to the mint family, it has traditionally been used to ease stomach upset, reduce gas, and promote a sense of calm — making it a thoughtful addition to a formula focused on digestive ease.

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