



NATURE'S SUNSHINE

GC-X

GOOD FOR

Cardiovascular system

Immune System

Digestive System

SIZE **100 Capsules**

ITEM # **1212**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

GC-X brings together five time-honored botanicals — garlic, capsicum, parsley, ginger, and eleuthero — each chosen for the way it supports a different corner of your health. Together they work as a team, helping your body handle everyday stress, keep digestion comfortable, and maintain its natural defenses.

Garlic Bulb — Garlic has been treasured for centuries, and modern research backs up the tradition. Its natural sulfur compounds act as powerful free-radical fighters, helping protect your cells from everyday oxidative wear. Studies also show garlic supports healthy arteries by helping maintain normal blood flow and flexibility in vessel walls, making it a cornerstone of this formula.

Garlic Bulb — Antioxidant Support — The same compounds that give garlic its bold aroma also help your body keep its antioxidant defenses strong. Clinical research shows garlic can raise levels of the body's own protective enzymes, giving your cells an extra layer of defense against the kind of daily damage that quietly adds up over time.

Garlic Bulb — Joint Comfort — Garlic has shown real promise for people dealing with joint discomfort. Research points to its ability to help calm the body's inflammatory response, with human trials noting reductions in joint pain and related markers — particularly encouraging for those whose joint concerns are linked to carrying extra weight.

Capsicum — Derived from chili peppers, capsicum brings the active compound capsaicin to the formula. Capsaicin is well studied for its ability to support a healthy metabolism, encourage a feeling of fullness after meals, and help the body manage its energy balance — making capsicum a natural ally for anyone keeping an eye on appetite and weight.

Capsicum — Digestive Ease — Beyond metabolism, capsicum has a surprisingly gentle side for digestion. A placebo-controlled clinical trial published in a leading medical journal found that red pepper capsules meaningfully reduced stomach discomfort and nausea in people with functional digestive complaints, suggesting capsicum can help settle an uneasy stomach when taken regularly.

Capsicum — Antioxidant Nutrients — Chili peppers are naturally rich in vitamins C and E as well as carotenoids — nutrients your body relies on to neutralize harmful free radicals. Capsicum brings these direct antioxidant nutrients into the GC-X formula, complementing the protective activity of the other botanicals and helping round out your daily antioxidant intake.

Parsley — Parsley is far more than a garnish. It is one of nature's richest herbal sources of protective flavonoids — including apigenin, luteolin, and quercetin — along with carotenoids like lutein and beta-carotene. Together these compounds help the body maintain a strong antioxidant defense and support healthy circulation and arterial function.

Parsley — Heart & Circulation — Parsley contains folate, a B vitamin that helps keep homocysteine levels in a healthy range. Elevated homocysteine is known to be hard on artery walls, so parsley's folate content makes it a quiet but meaningful contributor to cardiovascular wellness. Preclinical research also shows parsley's apigenin helps reduce vascular inflammation and supports healthy endothelial function.

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