



NATURE'S SUNSHINE

I-X

GOOD FOR

Blood

Cardiovascular system

SIZE 100 Capsules

ITEM # 1218

SERVING 2

SUPPLY 16 days

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

— How the Key Ingredients Work

I-X brings together eight time-honored herbs and roots, each chosen for the way it quietly supports your body's natural balance — from healthy circulation and steady energy to comfortable joints and clear skin. Together they form a gentle, well-rounded formula rooted in both traditional use and modern research.

Beet — Beet is a nutritional powerhouse packed with natural nitrates, iron, and folate. Those nitrates help your blood vessels relax and open up, supporting healthy circulation and blood pressure. The folate and iron support red blood cell formation, while beet's vivid pigments act as antioxidants that help protect your cells every day.

Yellow Root — Yellow root has been relied on in traditional herbal practice for generations, and modern research is beginning to explain why. Its key active compound, berberine, has been studied for supporting healthy blood sugar levels, keeping inflammatory markers in a comfortable range, and lending antioxidant protection — making it a quietly versatile addition to this formula.

Raspberry — Raspberry brings far more than great flavor. Its deep-colored pigments and plant compounds are among the richest antioxidant sources found in any berry. Research shows raspberry leaf may help moderate blood sugar spikes after meals, while its anti-inflammatory plant compounds support comfortable joints and help keep the body's inflammatory response balanced day to day.

Chickweed — Chickweed is a gentle, leafy herb with a long history of use for skin comfort and overall wellness. Lab studies confirm that its flavonoids and plant acids help neutralize free radicals and calm irritation in skin cells. It has also been explored in traditional practice as a supportive herb for healthy weight management and everyday skin health.

Burdock — Burdock root is a staple of both Asian and European herbal traditions, prized for its ability to support clear skin and comfortable joints. A clinical study found that daily burdock root tea raised the body's overall antioxidant capacity and reduced markers linked to joint discomfort. It has also been shown in a clinical trial to support healthy blood pressure levels.

Nettle — Stinging nettle has been used medicinally since at least the 10th century, and clinical research backs up much of that tradition. Studies show it can help ease seasonal allergy discomfort, support joint comfort, and promote healthy bladder and urinary flow. It is also loaded with polyphenol antioxidants that help protect cells from everyday oxidative stress.

Mullein — Mullein has been a go-to respiratory herb in European and American folk medicine for centuries, and for good reason. Its natural mucilage coats and soothes irritated airways, while its plant compounds act as expectorants to help keep breathing comfortable. Lab studies also confirm antioxidant and anti-inflammatory activity, and antiviral properties against certain herpes-family viruses.

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