



NATURE'S SUNSHINE

IN-X

GOOD FOR

Immune System

Respiratory System

Digestive System

SIZE **100 Capsules**

ITEM # **1220**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

IN-X brings together five time-honored botanicals — each chosen for the way it supports the body's natural defenses, digestive comfort, and overall balance. Together they form a well-rounded formula designed to help you feel your best from the inside out.

Black Walnut — Black walnut hull has been used for generations as a cleansing herb, and modern research backs up that tradition. Its natural compounds have been shown in lab studies to discourage unwanted yeast and fungal growth, while its rich antioxidant content helps the body stand up to everyday oxidative stress. It also shows up in research on healthy blood pressure.

Echinacea Purpurea — Known as purple coneflower, echinacea purpurea is one of the most studied herbs for immune support. Clinical trials and reviews show it can help reduce the duration and severity of respiratory infections. It also brings meaningful antioxidant activity to the formula, helping the body manage the oxidative load that comes with daily life.

Marshmallow Root — Marshmallow root lives up to its healing name — the word 'althaea' literally means 'to heal' in Greek. Its soothing properties are well recognized for supporting the stomach lining and easing mild abdominal discomfort. Lab studies also show it can help calm inflammatory responses in immune cells, and its antioxidant activity has been confirmed in multiple research settings.

Plantain — Broadleaf plantain (*Plantago major*) is a quietly powerful herb with a long history of traditional use. Research confirms it is loaded with antioxidant compounds that help protect cells from oxidative stress. It has also been studied for bronchial comfort, with one clinical trial showing it helped reduce bronchitis symptoms and soothe bronchial irritation — making it a natural fit in a cleansing and respiratory-support formula.

Goldenseal — Goldenseal is a North American native herb prized for its key active compound, berberine. Lab studies show berberine works against *Candida* and other unwanted yeast, disrupting their ability to form protective biofilms and stick to surfaces. Goldenseal also appears in research on healthy blood sugar and blood pressure, making it one of the most multi-purpose herbs in this blend.

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