



NATURE'S SUNSHINE

JP-X

GOOD FOR

Urinary System

Kidneys

Bladder

SIZE 100 Capsules
ITEM # 1222
SERVING 2
SUPPLY 16 days
DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

JP-X brings together seven time-honored herbs — each chosen for the unique role it plays in supporting women's comfort, urinary wellness, and everyday vitality. Together they form a well-rounded formula that works with your body, drawing on centuries of traditional use alongside modern research.

Dong Quai Root — Known as 'female ginseng' in Traditional Chinese Medicine, dong quai has been treasured for over 2,000 years as a go-to herb for women's wellness. It has traditionally been used to support a regular menstrual cycle, ease the transition through perimenopause and menopause, and provide gentle comfort during hormonal shifts like hot flashes and night sweats.

Juniper Berries — Juniper berries have a long history in European herbal tradition as a natural way to support the urinary tract. They are recognized for encouraging healthy urine flow, helping the body flush the bladder and kidneys, and easing minor feelings of water retention — making them a classic choice for everyday urinary comfort and fluid balance.

Parsley — Far more than a garnish, parsley is one of nature's richest sources of protective plant compounds. Research shows it supports healthy blood pressure, helps keep arteries in good shape by managing homocysteine levels, and provides strong antioxidant activity that helps the body defend itself against everyday oxidative stress — all in one familiar herb.

Bearberry (Uva Ursi) — Bearberry leaf — also called uva ursi — has been relied upon in both Native American and European herbal traditions for centuries to keep the urinary tract healthy. Its active compound arbutin works as a natural antiseptic in the urinary system, helping to maintain a balanced environment in the bladder and kidneys and supporting healthy urinary flora.

Ginger — Ginger has been used for more than 2,500 years to soothe the digestive system. Clinical studies show it helps speed up digestion, ease bloating and abdominal discomfort, and calm feelings of acid reflux. On top of that, ginger's naturally occurring compounds are well-studied antioxidants that help protect the body from everyday cellular stress.

Marshmallow Root — Marshmallow root gets its name from the Greek word for 'to heal,' and it lives up to that reputation. The German Commission E has recognized it for soothing mild irritation of the stomach lining. Its plant compounds also show meaningful antioxidant activity in research, and studies suggest it may help calm inflammation, making it a gentle, supportive herb for overall comfort.

Goldenseal — Goldenseal is a North American herb best known for its key compound berberine. Research shows berberine has natural antifungal properties that help keep Candida yeast in check, supporting healthy balance in the body. Studies also point to berberine's role in supporting healthy blood sugar levels and blood pressure, making goldenseal a versatile addition to this formula.

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