



NATURE'S SUNSHINE

Sinus Support EF

GOOD FOR

Sinuses

Respiratory System

Immune System

SIZE **100 Capsules**

ITEM # **1250**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

Sinus Support EF brings together time-honored herbs and botanicals that have long been used to help keep your airways comfortable and your body's natural defenses humming. Each ingredient was chosen to work with your body, supporting clear breathing, healthy mucous membranes, and overall wellness from the inside out.

Capsicum — Capsicum — the plant behind chili peppers — has been used for centuries to warm and stimulate the body. It's thought to help encourage healthy circulation to the nasal passages and may help the body respond more comfortably to everyday irritants. Capsicum is also a natural source of vitamins C and E, which help protect cells from everyday oxidative stress.

Goldenseal — Goldenseal is a native North American herb with a long history of use for supporting the body's natural defenses. Its key compound, berberine, has been studied for its ability to help keep unwanted microbes in check. Herbalists have traditionally reached for goldenseal when looking to support healthy mucous membranes throughout the respiratory tract.

Marshmallow — Marshmallow root lives up to its soothing reputation. It contains naturally occurring plant mucilage — a slippery, gel-like substance — that coats and calms irritated tissues. Traditionally used to ease discomfort in the throat and airways, marshmallow root is a go-to herb for supporting comfortable, well-moistened mucous membranes when they feel dry or scratchy.

Horehound — White horehound has been a staple of European herbal tradition for hundreds of years, especially for respiratory comfort. It's best known as a time-honored herb for supporting the airways and helping the body manage everyday congestion. Horehound also contains plant compounds like quercetin and rutin that contribute to its antioxidant properties.

Yerba Santa — Yerba santa — whose name means 'holy herb' in Spanish — was prized by Indigenous peoples of California and Oregon for its powerful support of the respiratory system. Traditionally used as an expectorant and bronchial tonic, it has a long history of helping with coughs, congestion, and overall breathing comfort, making it a natural fit in any sinus-support formula.

Burdock — Burdock root is a well-regarded herb in both traditional Chinese medicine and European herbalism, valued for its ability to help the body clear out what doesn't belong. Rich in antioxidants like quercetin and chlorogenic acid, a clinical study found that burdock root tea significantly raised the body's total antioxidant capacity. It's also traditionally used to support healthy skin and overall cleansing.

Parsley — Parsley is far more than a garnish — it's one of the most antioxidant-rich herbs available, packed with flavonoids like apigenin and luteolin as well as carotenoids. These plant compounds help protect cells from everyday wear and tear. Parsley also provides folate and has traditionally been used to support healthy fluid balance, which can be helpful when sinus comfort is the goal.

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