



NATURE'S SUNSHINE

Nature's Three

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **12 oz**

ITEM # **1345**

SERVING **1.5 tsp**

SUPPLY **24 days**

DIRECTIONS FOR USE Mix 1 and 1/2 teaspoons with 8 oz. of water or juice, twice daily.

— How the Key Ingredients Work

Nature's Three brings together psyllium, apple, and oat — three time-honored sources of fiber and plant goodness — to gently support your digestive health, help you feel satisfied after meals, and give your heart and body the everyday nourishment they deserve.

Psyllium Husk — Psyllium is the star fiber here. It absorbs water and forms a soft, soothing gel in your gut that keeps things moving comfortably. Research shows it can ease the bloating and discomfort that come with an unhappy digestive system, and it helps soften stools so your body doesn't have to work as hard.

Psyllium & Digestive Comfort — Studies back psyllium as one of the most effective natural options for calming an irritable, uncomfortable gut. Unlike rougher fibers, psyllium's gentle, gel-forming nature soothes the digestive tract rather than irritating it — making it a go-to choice for people who want reliable, everyday digestive support.

Psyllium & Appetite — Because psyllium swells into a thick gel, it slows the pace at which your stomach empties after a meal. That means you feel full longer. Research confirms that this kind of viscous fiber triggers the body's own fullness signals, helping you feel genuinely satisfied rather than reaching for another snack too soon.

Psyllium & Blood Pressure — A 2024 review of multiple clinical trials found that regular psyllium intake can meaningfully lower systolic blood pressure. For people already watching their numbers, adding psyllium fiber to a healthy routine is a simple, food-based step that research suggests is worth taking.

Psyllium & Bowel Regularity — Psyllium has long been recommended by health professionals as a first-line fiber supplement for keeping stools soft and easy to pass. By reducing the need to strain, it supports the health of delicate tissue and helps maintain comfortable, regular bathroom habits day after day.

Apple Fiber (Pectin) — Apples bring pectin — a naturally occurring fiber found in the fruit's flesh — that works a lot like psyllium by slowing digestion and helping you feel full. Human studies show that apple fiber can reduce how much you eat at the next meal, making it a gentle, tasty ally for anyone managing their appetite.

Apple Polyphenols & Antioxidant Support — Apples are loaded with natural plant compounds — including quercetin, catechins, and chlorogenic acid — that act as the body's cleanup crew, neutralizing the everyday oxidative stress that can wear cells down over time. Human studies confirm that eating apples raises the body's overall antioxidant capacity in measurable ways.

Apple & Heart Health — The same polyphenols that give apples their antioxidant punch have also been linked in research to healthier, more flexible arteries and better circulation. Studies suggest these compounds help keep blood vessels working smoothly, which is great news for anyone who wants to take a whole-food approach to supporting their cardiovascular system.

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