



NATURE'S SUNSHINE

E-Tea

Vegan

Non-GMO

GOOD FOR

Immune System

Cardiovascular system

Lymphatic System

SIZE **100 Capsules**

ITEM # **1360**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules three times daily on an empty stomach. Two capsules equals 2 oz. of traditional tea. Tea: Add the contents of 2 capsules to 4 oz. hot water.

— How the Key Ingredients Work

E-Tea brings together four botanicals — burdock root, sheep's sorrel, slippery elm bark, and rhubarb root — each with a long history of traditional use and a growing body of research behind them. Together they support your body's natural defenses, digestive comfort, and everyday balance from the inside out.

Burdock Root — Burdock root is a powerhouse antioxidant herb. A human clinical trial showed that drinking burdock root tea daily for six weeks meaningfully raised the body's total antioxidant capacity while lowering key markers of inflammation. It has also been used for centuries in both Chinese and European herbal traditions to support clear, healthy-looking skin.

Burdock Root & Joint Comfort — In a clinical study of 36 people with knee osteoarthritis, daily burdock root tea for six weeks significantly reduced two well-known inflammation markers — IL-6 and hs-CRP. Participants also saw improvements in their antioxidant status, suggesting burdock may help the body keep everyday inflammation in check.

Burdock Root & Healthy Blood Pressure — The same clinical program found that people drinking burdock root tea three times a day for about six weeks experienced meaningful reductions in both their systolic and diastolic blood pressure readings. This points to burdock as a gentle, food-based way to support cardiovascular wellness as part of a healthy lifestyle.

Burdock Root & Skin Clarity — Burdock has a rich history in traditional Chinese medicine and European herbalism as an herb taken internally to support clear skin. An observational clinical study documented notable improvement in acne-prone skin with oral burdock supplementation, lending some modern support to this long-standing traditional use.

Sheep's Sorrel — Sheep's sorrel is a bright, tangy herb packed with flavonoids and vitamin C — natural compounds that laboratory studies have confirmed can neutralize harmful free radicals in the body. Its antioxidant activity has been measured directly in research assays, making it a meaningful contributor to this formula's overall protective qualities.

Sheep's Sorrel & Blood Sugar Balance — Early laboratory research on sheep's sorrel extracts found they could block an enzyme the body uses to break down sugars after a meal — and did so more effectively than a common reference compound used in the same test. While this is preclinical research only, it hints at an interesting role for this herb in supporting healthy blood sugar levels.

Sheep's Sorrel & Inflammation Support — Lab studies on sheep's sorrel root extracts have shown they can help slow down a key part of the body's inflammatory response. Traditional herbal systems across multiple cultures have also long used sheep's sorrel to help soothe inflammation, giving this herb both a historical and an emerging scientific story.

Sheep's Sorrel & Digestive Ease — Traditional herbal medicine has long recognized sheep's sorrel as a gentle digestive herb. Its naturally occurring anthraquinone compounds are associated with mild support for healthy bowel movement and GI motility. Memorial Sloan Kettering has noted this traditional laxative use, making sheep's sorrel a quiet but helpful player in digestive comfort.

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