



NATURE'S SUNSHINE

Pau D'Arco

GOOD FOR

Immune System

Cardiovascular system

SIZE **7 oz powder**

ITEM # **1372**

SERVING **1 Tbsp**

SUPPLY **28 days**

DIRECTIONS FOR USE Add 1 tablespoon to 2 pints boiling water and remove from heat. Steep for 20 minutes and strain. Makes 4 cups. Take once daily.

— How the Key Ingredients Work

Pau d'Arco is a time-honored South American botanical drawn from the inner bark of a towering rainforest tree, used for centuries by indigenous peoples to help the body stay balanced and resilient. Its naturally occurring active compounds work together to support a healthy internal environment, helping your body keep unwanted organisms in check while bolstering everyday wellness.

Pau d'Arco Inner Bark — The heart of this formula, Pau d'Arco inner bark has been treasured in South American traditional medicine for hundreds of years. Healers across the Amazon relied on it to help the body resist yeast, fungal, and other microbial challenges. Its long history of use speaks to a deep, well-established trust in its cleansing and balancing properties.

Lapachol (Active Naphthoquinone) — Lapachol is one of the key naturally occurring compounds found in Pau d'Arco bark. Laboratory studies have shown it has antifungal activity against *Candida albicans* and related yeast species. Think of it as one of the bark's most active 'workers,' helping to create an environment where unwanted organisms have a harder time thriving.

Beta-Lapachone (Active Naphthoquinone) — Beta-lapachone is a close companion to lapachol and works alongside it within the bark. Research has documented its antifungal activity against *Candida* species in laboratory settings, and it has also been studied for antiviral properties against a range of viruses. Together with lapachol, it forms the core of Pau d'Arco's active support.

Naphthoquinone Complex — Pau d'Arco bark contains a broader family of naphthoquinone compounds beyond just lapachol and beta-lapachone. This natural complex is what gives the bark its well-rounded character, with multiple compounds contributing to its traditional reputation as a whole-body cleanser and balancing herb used across generations of South American indigenous culture.

Antifungal Candida Support Compounds — The active constituents in Pau d'Arco have been shown in vitro to work against both *Candida albicans* and *Candida tropicalis*, two of the most common yeast species that can affect human health. This makes Pau d'Arco a popular choice for people looking to support a healthy yeast balance naturally, especially as part of a broader cleansing routine.

Yeast & Microbial Balance Factors — Traditional South American healers used Pau d'Arco specifically for yeast and fungal concerns, both internally and on the skin. The bark's compounds help support the body's natural defenses against microbial imbalance, making it a go-to botanical for those seeking gentle, plant-based support for a cleaner, more balanced internal environment.

Antiviral Immune Support Compounds — Beyond yeast and fungi, Pau d'Arco has a traditional history of use by Amazonian peoples for infections of various kinds. Modern laboratory research has explored its active compounds against retroviruses, herpes viruses, and influenza, suggesting the bark may offer broad-spectrum support for the body's natural immune defenses during times of seasonal or environmental challenge.

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