



NATURE'S SUNSHINE

Psyllium Hulls Combo

GOOD FOR

Digestive System

Colon (Large Intestine)

Cardiovascular system

SIZE **11 oz powder**

ITEM # **1376**

SERVING **2 tsp**

SUPPLY **33 days**

DIRECTIONS FOR USE Mix two teaspoons in a full glass (at least 8 ounces) of water or juice once daily.

— How the Key Ingredients Work

Psyllium Hulls Combo brings together three time-honored ingredients — psyllium, hibiscus, and licorice root — to gently support your digestive tract, help keep things moving comfortably, and promote a cleaner, healthier gut from the inside out.

Psyllium — Digestive & Colon Support — Psyllium husk is a natural soluble fiber that absorbs water and forms a soft gel as it moves through your gut. This gentle bulking action helps keep bowel movements regular, supports a healthy colon, and makes it easier for your body to clear out waste comfortably and consistently.

Psyllium — IBS & Abdominal Comfort — Research including a major meta-analysis shows that soluble fiber from psyllium significantly improves overall IBS symptoms, including abdominal discomfort. It works by soothing the digestive tract and helping to normalize how things move through your system, making everyday digestion feel smoother and more comfortable.

Psyllium — Cholesterol & Heart Health — Psyllium's gel-forming fiber has well-documented benefits for cardiovascular wellness. As it travels through the digestive tract, it helps support healthy cholesterol levels already within a normal range, making it a smart daily addition for anyone looking to care for both their gut and their heart at the same time.

Psyllium — Whole Body Cleanse — By sweeping through the digestive tract and supporting regular elimination, psyllium helps your body do what it does naturally — clear out waste and keep your system running cleanly. This gentle internal cleansing action supports not just your colon, but your overall sense of lightness and well-being.

Psyllium — Blood Pressure Support — A 2024 systematic review and meta-analysis of clinical trials found that psyllium consumption was linked to meaningful reductions in systolic blood pressure. Adding psyllium to your daily routine may offer an extra layer of support for a healthy cardiovascular system alongside its well-known digestive benefits.

Hibiscus — Antioxidant Defense — Hibiscus sabdariffa is one of nature's richest sources of anthocyanins and polyphenols — the plant compounds responsible for its deep ruby color and its powerful free-radical-fighting ability. Clinical studies confirm that hibiscus supplementation raises antioxidant markers in the body, helping protect cells from everyday oxidative stress.

Hibiscus — Arterial & Cardiovascular Health — Multiple clinical trials and meta-analyses show that hibiscus can significantly reduce both systolic and diastolic blood pressure, particularly in adults with elevated readings. Its natural plant compounds support healthy blood vessel function and promote good circulation, making it a valuable ally for your cardiovascular system.

Hibiscus — Whole Body Cleanse Support — Hibiscus has documented diuretic properties that help the body flush excess fluid naturally. This gentle cleansing action complements the fiber-based support of psyllium, working together to help your body clear out what it doesn't need and feel refreshed from the inside out.

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