



NATURE'S SUNSHINE

# Slippery Elm

GOOD FOR

Digestive System

Stomach

Small Intestine

SIZE **7 oz powder**

ITEM # **1391**

SERVING **1-2 tsp**

SUPPLY **21-42 days**

DIRECTIONS FOR USE Mix 1-2 heaping teaspoon(s) in a glass (8 oz.) of water or juice.

## — How the Key Ingredients Work

Slippery Elm Bark has been trusted for generations to help soothe and support the digestive tract from the inside out. Its naturally slippery, fiber-rich inner bark coats and calms as it works, making it a go-to choice for everyday gut wellness.

**Slippery Elm Bark – Digestive Comfort** — When you mix slippery elm with water, it forms a soft, gel-like coating that can help soothe the lining of the throat and digestive tract. Studies using slippery elm-containing formulas have shown meaningful reductions in abdominal discomfort and bloating, making it a trusted ally for everyday tummy troubles.

**Slippery Elm Bark – Gut Microbiome Support** — The natural fibers found in slippery elm bark — including a type called arabinogalactan — act like a prebiotic, meaning they help feed the friendly bacteria in your gut. Research has highlighted slippery elm's potential to support beneficial strains like Lactobacillus and Bifidobacterium, which play a key role in overall digestive balance.

**Slippery Elm Bark – Antioxidant Defense** — Slippery elm bark is naturally rich in polyphenols, tannins, and flavonoids — plant compounds that have been shown in laboratory studies to help neutralize harmful free radicals. This free radical-scavenging activity suggests the bark may offer a layer of protective antioxidant support for the body's tissues.

**Slippery Elm Bark – Soothing the Throat & Upper Digestive Tract** — One of slippery elm's most well-known traditional uses is easing a sore or irritated throat. The mucilage — that naturally slick substance released when the bark meets moisture — coats delicate tissues gently, which is why it has been used for centuries as a comforting remedy when the throat feels raw or scratchy.

**Slippery Elm Bark – Calming Abdominal Discomfort** — Pilot clinical research involving slippery elm-containing formulas found that people experienced significant improvements in abdominal pain and bloating. While these studies used multi-ingredient blends, slippery elm's soothing, coating properties are considered a meaningful contributor to that digestive relief.

**Slippery Elm Bark – Supporting a Healthy Inflammatory Response** — Laboratory studies using tissue from people with inflammatory bowel conditions found that slippery elm extract showed notable anti-inflammatory activity. The tannins and polyphenols naturally present in the bark appear to play a role in helping the body maintain a balanced, healthy inflammatory response in the gut.

**Slippery Elm Bark – Traditional Topical & Skin Use** — Beyond internal use, slippery elm bark has a long history of traditional topical application. Herbalists and indigenous communities historically applied it to help calm skin irritation and rashes. While modern research focuses primarily on its internal benefits, this traditional use speaks to the bark's broadly soothing nature.

**Slippery Elm Bark – Fiber & Digestive Regularity** — The inner bark of slippery elm is naturally high in soluble fiber, which helps add gentle bulk and moisture to the digestive process. This kind of fiber supports smooth, comfortable digestion and is part of why slippery elm has long been recommended as a gentle, everyday digestive aid.

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