



NATURE'S SUNSHINE

Burdock

GOOD FOR

Immune System

Digestive System

Lymphatic System

SIZE **100 Capsules**

ITEM # **140**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Burdock root has been treasured for centuries in traditional Chinese, Japanese, and European herbal practice as a whole-body tonic. This time-honored root brings together a rich blend of natural compounds that work together to support your skin, joints, antioxidant defenses, and more — all in one simple supplement.

Burdock Root (Antioxidant Support) — Burdock root is naturally loaded with plant-based antioxidants — including quercetin, luteolin, and chlorogenic acid. A clinical trial found that drinking burdock root tea daily significantly raised the body's total antioxidant capacity, helping your cells stay better protected from everyday oxidative stress.

Burdock Root (Joint Comfort) — In a six-week clinical trial involving people with knee osteoarthritis, daily burdock root tea helped significantly reduce key markers of inflammation in the body. Participants also saw improvements in their antioxidant status, suggesting burdock offers meaningful support for people looking after their joint health and comfort.

Burdock Root (Skin Clarity & Acne Support) — Burdock has a long history of use for skin health in both traditional Chinese medicine and European herbalism — used both internally and topically for blemish-prone skin. An observational clinical study documented meaningful improvement in acne vulgaris with oral burdock supplementation, pointing to its traditional reputation as a skin-supporting herb.

Burdock Root (Blood Pressure Balance) — A clinical study in osteoarthritis patients who consumed burdock root tea three times daily for 42 days showed significant reductions in both systolic and diastolic blood pressure. This suggests burdock root may offer gentle, natural support for maintaining healthy blood pressure levels already within a normal range.

Burdock Root (Inflammation Response) — Burdock root contains natural plant compounds — including arctigenin and arctiin — that have been studied for their role in supporting a balanced inflammation response. In clinical research, burdock root tea helped lower levels of IL-6 and hs-CRP, two well-known markers that researchers use to assess inflammation in the body.

Burdock Root (Lignans — Arctigenin & Arctiin) — Among burdock's most studied natural compounds are its lignans, particularly arctigenin and arctiin. These plant-based compounds contribute to burdock's antioxidant and inflammation-balancing properties and are part of what makes burdock root such a well-rounded herb for overall wellness support.

Burdock Root (Quercetin Content) — Quercetin is a well-known flavonoid found naturally in burdock root. It is one of the key antioxidant compounds that contributes to burdock's ability to help protect the body's cells from oxidative stress, and it plays a role in the overall antioxidant activity measured in clinical burdock research.

Burdock Root (Luteolin Content) — Luteolin is another naturally occurring flavonoid present in burdock root. Like quercetin, it contributes to the plant's antioxidant profile and helps round out the full spectrum of protective plant compounds that burdock delivers, supporting the body's natural defenses as part of a healthy daily routine.

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