



NATURE'S SUNSHINE

Liquid Chlorophyll ES

GOOD FOR

Digestive System

Immune System

Cardiovascular system

SIZE **1 bottle (16 oz)**

ITEM # **1483**

SERVING **15 mL**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 tablespoon (15 mL) in an 8 oz. glass of cold water daily. Refrigerate after opening.

— How the Key Ingredients Work

Liquid Chlorophyll ES blends the power of plant-based chlorophyll with the fresh, soothing touch of spearmint leaf to support your body from the inside out. Together these two ingredients work to help you feel cleaner, calmer, and more balanced every day.

Chlorophyll — The same green pigment that powers plants also does a lot of good in your body. Chlorophyll acts as a natural free-radical fighter, helping your cells stay protected from everyday oxidative stress. It also supports healthy blood sugar balance after meals and may help you feel fuller and more satisfied, making it a great daily wellness companion.

Chlorophyll – Skin Support — Chlorophyll has been studied for its role in supporting clearer-looking skin. Small clinical trials using chlorophyll-based formulas found noticeable improvements in the appearance of blemishes and skin clarity. Whether you're dealing with occasional breakouts or just want a healthy glow, chlorophyll brings a green boost to your complexion.

Chlorophyll – Antioxidant Defense — Every day your body faces oxidative stress from the environment, food, and daily life. Chlorophyll's natural structure makes it a capable free-radical scavenger, helping your body's defenses stay strong. This antioxidant support is one of the key reasons chlorophyll has been valued in wellness traditions for generations.

Chlorophyll – Appetite & Satiety — Feeling satisfied after a meal can make a real difference in how you eat throughout the day. Research on thylakoids — the chlorophyll-rich structures found in green leaves — shows they can help increase feelings of fullness after eating and support more steady, balanced hunger levels, according to a review of eight human studies.

Chlorophyll – Blood Sugar Balance — Keeping blood sugar steady after meals is important for sustained energy and overall wellness. Studies on chlorophyll-containing plant structures show they can help moderate the rise in blood sugar that follows a carbohydrate-rich meal, and may help prevent the energy dip that sometimes follows. A gentle, natural way to support balance.

Spearmint Leaf — Spearmint is far more than a fresh flavor. This beloved herb brings a wealth of natural plant compounds — including rosmarinic acid and flavonoids — that support your body in multiple ways. From digestive comfort to antioxidant protection, spearmint leaf is a hardworking herbal partner in this formula.

Spearmint Leaf – Digestive Comfort — Spearmint has a long history of traditional use for soothing the digestive system, and modern research backs it up. Its natural compounds have been shown to help ease smooth muscle tension in the gut, which can help calm occasional abdominal discomfort and cramping. Cultures from Iran to Morocco to the Mediterranean have relied on mint for this purpose for centuries.

Spearmint Leaf – Antioxidant Power — Spearmint leaf is packed with rosmarinic acid, quercetin, luteolin, and other plant antioxidants that have shown strong free-radical-fighting activity in validated lab studies. Animal research also confirms that spearmint can help reduce markers of oxidative stress in the body, adding another layer of protective support to this formula.

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