



NATURE'S SUNSHINE

Chlorophyll

GOOD FOR

Blood

Immune System

Lymphatic System

SIZE **60 Capsules**

ITEM # **1690**

SERVING **1-2**

SUPPLY **30-60 days**

DIRECTIONS FOR USE Take 2 softgels daily with a meal.

— How the Key Ingredients Work

This formula brings together the power of chlorophyll — nature's own green pigment — alongside nourishing soybean to support your body from the inside out. Together they work to help you feel fresher, more balanced, and better supported every day.

Chlorophyll — Chlorophyll is the pigment that makes plants green, and it brings some of that natural vitality to you. It acts as a free-radical fighter, helping your body defend itself against everyday oxidative stress. It has also been studied for its role in supporting clearer-looking skin, helping manage appetite, and keeping blood sugar levels on an even keel after meals.

Chlorophyll – Skin Support — Small human studies have looked at chlorophyll and its close cousin sodium copper chlorophyllin for skin clarity, particularly for blemish-prone skin. Results suggest it may help reduce the appearance of breakouts and support a clearer complexion — making it a gentle, plant-based option for those who want to support healthy-looking skin from within.

Chlorophyll – Antioxidant Defense — The ring-shaped structure at the heart of the chlorophyll molecule is remarkably good at neutralizing harmful free radicals — unstable molecules that can build up from stress, pollution, and everyday living. By helping to mop up these free radicals, chlorophyll supports your body's natural defenses and contributes to overall wellness and healthy aging.

Chlorophyll – Appetite & Satiety — Chlorophyll lives inside tiny structures in plant leaves called thylakoids, and these have been the subject of multiple human clinical trials. A 2020 review of eight randomized controlled trials found that thylakoid supplementation consistently helped people feel fuller for longer after meals — a welcome benefit for anyone looking to support healthy, mindful eating habits.

Chlorophyll – Blood Sugar Balance — Thylakoids — the chlorophyll-rich membranes found in green leaves — have been shown in human studies to help moderate the rise in blood sugar that can happen after a carbohydrate-rich meal. They also appeared to help prevent the sharp dip in blood sugar that sometimes follows. This makes chlorophyll a thoughtful addition for anyone focused on keeping their energy levels steady throughout the day.

Soybean — Soybean has been a cornerstone of healthy diets in East Asia for thousands of years, prized for its rich protein content and a unique group of plant compounds called isoflavones. These isoflavones — including genistein and daidzein — have been widely studied for their wide-ranging benefits, from heart health to blood sugar balance, making soy a truly versatile wellness ingredient.

Soybean – Antioxidant Defense — Soy isoflavones, particularly genistein and daidzein, have demonstrated antioxidant activity, meaning they can help the body handle oxidative stress. The Linus Pauling Institute notes that isoflavones can act as antioxidants, and a metabolite called equol — produced when the body processes soy — has shown especially notable free-radical-fighting properties, adding another layer of everyday protection.

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