



NATURE'S SUNSHINE

Garlic Oil

GOOD FOR

Immune System

Cardiovascular system

Hair, Skin & Nails (Integumentary)

SIZE **60 Capsules**

ITEM # **1694**

SERVING **1**

SUPPLY **20 days**

DIRECTIONS FOR USE Take 1 softgel with a meal three times daily.

— How the Key Ingredients Work

Garlic Oil combines the time-honored power of garlic bulb with the nourishing support of soybean oil, delivering nature's most celebrated wellness herb in a convenient, easy-to-swallow softgel. Together, these two ingredients work gently but steadily to help your body stay balanced, protected, and feeling its best.

Garlic Bulb (*Allium sativum* L.) — Garlic has been treasured for thousands of years — and for good reason. The natural compounds found in garlic bulb help your body fight off harmful free radicals, support a healthy inflammatory response, and keep your cardiovascular system humming along. Think of it as one of nature's most versatile wellness allies, backed by centuries of tradition and a growing body of modern research.

Garlic Bulb — Heart & Artery Support — Studies show that garlic supplementation can help support healthier arteries by improving how flexible and responsive blood vessels are over time. Research using aged garlic extract found it helped slow the buildup of calcium deposits in coronary arteries among people at higher risk — a meaningful sign of long-term cardiovascular support.

Garlic Bulb — Antioxidant Defense — Every day, your body faces oxidative stress from pollution, processed foods, and everyday living. Garlic's natural sulfur-containing compounds act like a cleanup crew — helping to neutralize free radicals and support your body's own built-in antioxidant defenses. Clinical trials have shown garlic can meaningfully improve antioxidant markers in the body.

Garlic Bulb — Immune & Skin Wellness — Garlic has a long history of use for supporting the body against unwanted invaders. The natural compounds in garlic bulb — including those responsible for its distinctive aroma — have been shown in clinical studies to have antifungal properties, with garlic-derived preparations demonstrating impressive results against common fungal skin concerns like athlete's foot.

Garlic Bulb — Joint Comfort — Garlic isn't just for the heart — it also lends a hand to your joints. Research suggests garlic helps support a balanced inflammatory response in the body, which is important for everyday joint comfort. Clinical data indicate that garlic supplementation may help reduce discomfort and inflammation markers in people dealing with joint concerns, particularly in those carrying extra weight.

Soybean (*Glycine max*) — Soybean oil serves as the carrier base for this formula, but soy brings more than just convenience to the softgel. Soy is one of the world's most studied legumes, prized for its rich nutritional profile and the natural plant compounds — called isoflavones — that have been linked to a range of wellness benefits, from heart health to blood sugar balance.

Soybean — Antioxidant Properties — Soy contains natural plant compounds, particularly isoflavones like genistein and daidzein, that have demonstrated antioxidant activity. These compounds help the body manage oxidative stress, working alongside garlic's own antioxidant action to give this formula a well-rounded approach to protecting your cells from everyday wear and tear.

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