



NATURE'S SUNSHINE

Black Walnut Extract

GOOD FOR

Digestive System

Colon (Large Intestine)

Hair, Skin & Nails (Integumentary)

SIZE **2 fl oz**ITEM # **1755**SERVING **1 mL**SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 mL (approximately 20-25 drops) twice daily with water.

— How the Key Ingredients Work

Black Walnut Extract draws on the natural power of the black walnut tree — one of North America's most storied botanicals — delivering a rich blend of plant compounds that have been used for centuries to support digestive comfort, healthy skin, and overall well-being. Every serving brings together the goodness found in the hull, kernel, and leaf to help your body feel its best from the inside out.

Black Walnut Hull Extract — The hull is the star of the show. It's packed with juglone, a naturally occurring compound that research shows can help keep unwanted yeast and fungi in check — including strains of *Candida* that are hard to address. Traditional herbalists have relied on black walnut hull for generations to support a balanced internal environment.

Juglone (from Black Walnut Hull) — Juglone is the key active found in black walnut hull, and lab studies show it works against common fungal troublemakers like the ones behind athlete's foot, as well as *Candida* yeast. Its natural potency has been compared favorably to well-known over-the-counter antifungal agents in published research.

Polyphenols (from Black Walnut) — Black walnut is loaded with polyphenols — protective plant compounds that act as antioxidants in the body. Antioxidants help neutralize everyday oxidative stress, which is the wear and tear that builds up in cells over time. Supporting your antioxidant defenses is one of the simplest things you can do for long-term wellness.

Ellagitannins (from Black Walnut Hull & Kernel) — Ellagitannins are a special class of antioxidant found in high concentrations in black walnut. High-throughput research has measured the impressive antioxidant capacity these compounds bring to the table. They work alongside other plant compounds in the formula to give your body a broad layer of protective support.

Quercetin (from Black Walnut) — Quercetin is a well-recognized plant flavonoid found naturally in black walnut. It contributes to the overall antioxidant profile of the extract, helping the body handle oxidative stress more effectively. It's one of the reasons black walnut has earned a reputation as a powerhouse botanical for everyday health maintenance.

Alpha-Linolenic Acid — ALA (from Black Walnut) — Black walnut naturally contains ALA, a plant-based omega-3 fatty acid. Research on walnut consumption, including a large two-year clinical trial, points to ALA as one of the contributors to healthy blood pressure levels. Supporting cardiovascular wellness through diet and natural botanicals is a smart everyday habit.

Arginine Precursors (from Black Walnut) — Black walnut provides compounds that the body can use to support healthy blood vessel function. The WAHA clinical trial — a well-designed, two-year study of over 300 participants — found that walnut consumption was linked to a meaningful reduction in systolic blood pressure, and arginine-related compounds are believed to play a role in that benefit.

☎ (888) 510-7196 ✉ service@caringsunshine.com

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