



NATURE'S SUNSHINE

Hawthorn Berries (Extract)

GOOD FOR

Cardiovascular system

Heart

Blood

SIZE **2 fl oz**

ITEM # **1760**

SERVING **1 mL**

SUPPLY **29 days**

DIRECTIONS FOR USE Take 1 mL (approximately 15-20 drops) in water with a meal twice a day.

— How the Key Ingredients Work

Hawthorn Berries Extract brings together centuries of traditional use and modern research into one simple supplement. Packed with naturally occurring plant compounds, it works to support your heart, your circulation, and your body's own defenses against everyday stress.

Hawthorn Berry – Heart & Circulation Support — Hawthorn has been treasured for heart health since the late 1800s. The berries are loaded with natural plant compounds — including flavonoids and proanthocyanidins — that help support healthy blood flow, encourage relaxed, flexible blood vessels, and help the heart do its job with less strain day to day.

Hawthorn Berry – Healthy Blood Pressure — Research, including a 2025 meta-analysis, confirms that hawthorn can meaningfully support healthy blood pressure levels. It appears to help blood vessels relax and reduce the resistance your heart works against, making it a well-studied natural ally for keeping those numbers in a comfortable range.

Hawthorn Berry – Antioxidant Protection — Hawthorn berries are rich in polyphenols and flavonoids — plant-based antioxidants that help neutralize free radicals before they can cause damage. This built-in antioxidant power helps protect your cells and tissues from the kind of everyday oxidative stress that can quietly wear the body down over time.

Hawthorn Berry – Arterial Wellness — The flavonoids and proanthocyanidins in hawthorn help support the health of your artery walls. They encourage the release of nitric oxide, a natural compound that helps arteries stay relaxed and open, while also shielding those vessel walls from oxidative damage — a two-pronged approach to keeping arteries in good shape.

Hawthorn Berry – Angina & Chest Comfort — Hawthorn has been studied and marketed specifically for angina support since the early 20th century. Clinical trials and reviews document its vasodilating and anti-ischemic properties, meaning it helps widen blood vessels and supports healthy oxygen delivery to heart tissue, which can contribute to everyday chest comfort.

Hawthorn Berry – Healthy Blood Flow & Platelet Balance — Hawthorn contains natural compounds that have been shown in controlled studies to help support healthy platelet function. A 2022 systematic review confirmed hawthorn among herbs with demonstrated platelet aggregation inhibition, suggesting it may help keep blood moving smoothly and support balanced circulation throughout the body.

Hawthorn Berry – Arrhythmia & Heart Rhythm — Traditional and clinical use of hawthorn extends to supporting a steady, regular heartbeat. It has long been marketed for arrhythmia support, and its combination of antioxidant and circulation-supporting properties is thought to contribute to a calmer, more rhythmic heart — something many people notice over consistent daily use.

Hawthorn Berry – Early Heart Failure Support — Multiple clinical trials and reviews have documented hawthorn's role in supporting people with early-stage heart function concerns. While it is not a treatment for any disease, the research suggests hawthorn may help the heart pump more efficiently and support overall cardiovascular endurance when used as part of a wellness routine.

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