



NATURE'S SUNSHINE

LB Extract

GOOD FOR

Digestive System

Colon (Large Intestine)

Respiratory System

SIZE **2 fl oz**

ITEM # **1794**

SERVING **5 mL**

SUPPLY **12 days**

DIRECTIONS FOR USE **Adults: Take 1 teaspoon (5 mL) once daily. Not for long-term use.**

— How the Key Ingredients Work

LB Extract brings together nine time-honored herbs that have been used for generations to keep things moving comfortably, soothe the digestive tract, and support a cleaner, calmer colon. Each ingredient plays its own role, and together they work as a team to help your body do what it does naturally — just a little more easily.

Cascara Sagrada — One of North America's most trusted traditional laxative herbs, cascara sagrada comes from the dried bark of a Pacific Northwest tree. It gently encourages the colon to contract and move waste along, typically producing a comfortable bowel movement within 6 to 8 hours. Native Americans relied on it for centuries, and it later became a staple of Western herbal medicine.

Senna — Senna is one of the most well-studied herbal laxatives in the world, recognized by both the FDA and European health authorities for short-term constipation relief. Its natural active compounds encourage the colon to move and help keep stools from becoming too dry and hard. It typically works within 6 to 12 hours and has a long history in Ayurvedic and Arabian herbal traditions.

Psyllium — Psyllium husk is a gentle, soluble fiber that absorbs water and forms a soft gel as it travels through the digestive tract. This helps bulk up and soften stools, making them easier to pass without straining. Research also shows psyllium can help ease abdominal discomfort and support a healthy gut environment, making it a well-rounded addition to any digestive formula.

Slippery Elm Bark — Slippery elm gets its name from the smooth, slick texture of its inner bark when it meets water — and that same quality is exactly what makes it so helpful for the digestive tract. It coats and soothes the lining of the gut, helping to calm bloating and abdominal discomfort. Its natural fibers also act as a prebiotic, feeding beneficial bacteria like Lactobacillus and Bifidobacterium.

Licorice Root — Licorice root has been used in traditional medicine for thousands of years to support a comfortable, well-functioning digestive system. It helps maintain the integrity of the gut lining, supports healthy acid levels, and has natural antispasmodic properties that can ease cramping and discomfort. It is a key ingredient in several well-researched herbal digestive blends studied in clinical trials.

Ginger — Ginger has been a go-to digestive remedy for over 2,500 years, and modern research backs up what traditional healers have long known. It helps food move through the stomach more efficiently, eases bloating and abdominal discomfort, and supports healthy gut motility. Its warming, active compounds also bring natural antioxidant properties to the formula.

Rhubarb Root — Rhubarb root has a long history in traditional Chinese medicine as a digestive tonic and gentle bowel support herb. Its natural compounds help encourage movement through the colon and have been studied for their antioxidant activity. Clinical research has also explored rhubarb root's role in supporting healthy blood sugar and blood pressure levels in people with metabolic concerns.

 **(888) 510-7196**  **service@caringsunshine.com**

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