



NATURE'S SUNSHINE

Caprylic Acid Combination

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **90 Capsules**

ITEM # **1808**

SERVING **2**

SUPPLY **22 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Caprylic Acid Combination brings together four time-tested ingredients — caprylic acid, elecampane root, black walnut hull, and raspberry — each chosen to support your body's natural balance from the inside out. Together they work across digestion, antioxidant defense, blood sugar, and yeast balance to help you feel your best day to day.

Caprylic Acid — Derived from coconut and palm kernel oils, caprylic acid is a medium-chain fatty acid your body processes quickly and efficiently. It converts rapidly into a clean energy source the brain can use, which may help ease that sluggish, foggy feeling. It also supports a healthy yeast balance in the digestive tract and has been studied for its role in keeping gut microbes in check.

Elecampane Root — Elecampane is a tall, golden-flowered herb whose root has been used in traditional European and Asian herbal medicine for centuries. Its root is naturally rich in inulin — a prebiotic fiber that feeds friendly gut bacteria and helps support healthy blood sugar levels after meals. Elecampane also contains active plant compounds that have been shown in lab studies to discourage the overgrowth of Candida yeast, support the body's antioxidant defenses, and help calm everyday inflammation.

Black Walnut Hull — The hull of the black walnut — the green outer casing of this native North American tree — has a long history of use in herbal wellness traditions. It contains juglone and a rich array of polyphenols that laboratory studies show can inhibit Candida yeast growth, including strains that resist common antifungal agents. Black walnut hull also brings strong antioxidant activity to the formula, and research on walnut consumption has linked it to healthier blood pressure levels over time.

Raspberry — Red raspberries are among the most antioxidant-rich fruits you can find, packed with anthocyanins, ellagitannins, and ellagic acid — the colorful plant compounds that help neutralize everyday oxidative stress. A 2025 clinical trial found that raspberry leaf tea produced meaningful reductions in blood sugar spikes after a sugary meal. Preclinical research also points to raspberry polyphenols helping to quiet inflammatory signals in the body, supporting joint comfort and overall wellness.

Caprylic Acid & Gut Comfort — One thing worth knowing about caprylic acid is that it works best when taken with food. On an empty stomach it can occasionally cause mild digestive discomfort, so pairing it with a meal helps your body absorb it smoothly. When taken as directed, it is well tolerated and supports a comfortable, balanced digestive environment.

Elecampane & Prebiotic Fiber — The inulin naturally found in elecampane root makes up a significant portion of the root's dry weight. Inulin is a well-researched prebiotic fiber — meaning it passes through the stomach undigested and feeds the beneficial bacteria living in your gut. A thriving population of friendly gut bacteria is linked to better digestion, steadier blood sugar, and a stronger overall sense of wellbeing.

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