



NATURE'S SUNSHINE

Super Antioxidant

GOOD FOR

Immune System

Liver

Blood

SIZE **60 Capsules**ITEM # **1825**SERVING **1**SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Super Antioxidant brings together five time-tested, research-backed ingredients — turmeric, rose hips, milk thistle, tocotrienols, and lycopene, plus alpha-lipoic acid — each chosen for its ability to help shield your cells from everyday oxidative stress and support your body's natural defenses from the inside out.

Turmeric — Turmeric has been treasured in Ayurvedic and traditional Chinese wellness practices for thousands of years, and modern research is catching up to that long history. Its key active compound, curcumin, is a well-studied polyphenol shown in multiple human clinical trials to measurably raise the body's total antioxidant capacity, boost protective compounds like glutathione, and help keep oxidative stress in check. It also supports a comfortable digestive system and has been studied for its role in skin clarity and overall wellness.

Rose Hips — Harvested from the fruit of the *Rosa canina* shrub, rose hips pack an extraordinary amount of vitamin C — up to 1,300 mg per 100 g — along with a rich mix of polyphenols, carotenoids like lycopene and beta-carotene, flavonoids, and tocopherols. Together these compounds give rose hips one of the highest measured antioxidant activities of any tested fruit. Research also points to rose hips supporting comfortable joints and a healthy cardiovascular system, making them a true all-around wellness ingredient.

Milk Thistle — Milk thistle has been used as a natural wellness herb since ancient times, with roots tracing back to North Africa and the Mediterranean. Its active complex, silymarin, is a well-documented antioxidant that directly neutralizes harmful free radicals, helps prevent oxidative damage to fats in the body, and supports healthy levels of glutathione — one of your body's most important built-in protective compounds. It also has a long tradition of supporting comfortable digestion and upper gastrointestinal wellness.

Tocotrienols — Tocotrienols are a lesser-known but highly potent form of vitamin E. Unlike the more common tocopherol form of vitamin E, tocotrienols have a unique structure that allows them to work more efficiently within cell membranes, giving them superior antioxidant activity in human tissues. Clinical studies confirm they enhance total antioxidant capacity and support healthy endothelial function — the inner lining of blood vessels — which matters for both heart health and healthy circulation throughout the body.

Lycopene — Lycopene is the bright red pigment found naturally in tomatoes and other red fruits and vegetables. Among all the carotenoids studied, lycopene has the strongest ability to neutralize a particularly damaging type of oxidative stress called singlet oxygen, helping protect your body's fats, proteins, and DNA from everyday oxidative wear. Clinical trials confirm it raises antioxidant markers in the body and supports healthy blood vessel function, including better circulation and modest, healthy blood pressure levels.

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