NATURE'S SUNSHINE

Immune Stimulator

GOOD FOR

Immune System | Lymphatic System | Digestive System

SIZE	ITEM #	SERVING	SUPPLY
90 Capsules	1839	1	30–45 days

DIRECTIONS FOR USE Take 1 capsule between meals two or three times daily. For periods of immune system stress: Take 1 capsule 6-10 times daily.

How the Key Ingredients Work

Immune Stimulator brings together five time-honored mushrooms and three well-researched natural fibers, each chosen because research shows they help the body's defenses work the way they should. Together they support a balanced, responsive immune system so you feel ready for whatever comes your way.

Beta-Glucan — Think of beta-glucan as a gentle coach for your immune system. Found naturally in the cell walls of oats, mushrooms, and other plants, it helps shift your body's defenses toward a more balanced response. Studies also show it can help support healthy cholesterol levels and may help you feel fuller after meals.

Arabinogalactan — Sourced from larch trees, arabinogalactan is a prebiotic fiber that feeds the friendly bacteria living in your gut — and a healthy gut is one of the foundations of a strong immune system. A clinical study found it helped reduce how often adults caught a common cold, cutting cold episodes by roughly 23%.

Colostrum — Called 'first milk' for good reason, bovine colostrum is nature's original immune package. It's rich in immunoglobulins and growth factors that help keep the gut lining strong and support the body's natural defenses. Research also points to benefits for physical performance and healthy antioxidant activity.

Cordyceps — Used for centuries in traditional Chinese wellness practices, cordyceps is a remarkable mushroom that has been studied for energy, endurance, and respiratory support. Research suggests it helps the body use oxygen more efficiently during exercise and contains natural compounds that act as antioxidants, helping protect cells from everyday stress.

Reishi Mushroom — Known in Asia as the 'mushroom of immortality,' reishi has been treasured for thousands of years. Modern research backs up its reputation — studies show it supports immune balance, helps the body manage oxidative stress, and may even help ease feelings of anxiety and fatigue. It's a true all-around wellness mushroom.

Maitake Mushroom — Maitake, whose name means 'dancing mushroom' in Japanese, is packed with beta-glucans and polyphenols that activate key immune cells including macrophages and natural killer cells. It showed the strongest antioxidant activity among several mushrooms tested in one comparative study, making it a powerful addition to this formula.

Beta-Glucan (Immune Balance) — Beyond cholesterol support, beta-glucan has been shown in clinical studies to help calm the overactive immune responses behind seasonal respiratory allergies — reducing markers of inflammation in nasal passages. Its ability to help the immune system find its balance makes it one of the most versatile ingredients in this blend.

Arabinogalactan (Gut & Kids) — Arabinogalactan doesn't just support adults. A 12-week study in over 500 children found that kids aged 7–9 who took larch arabinogalactan had shorter illness durations and fewer sick episodes than those who didn't. It also helps nourish the gut lining, which plays a central role in whole-body immune readiness.

(888) 510-7196 service@caringsunshine.com

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