



NATURE'S SUNSHINE

Chickweed

GOOD FOR

Urinary System

Bladder

Endocrine System

SIZE **100 Capsules**

ITEM # **220**

SERVING **2**

SUPPLY **25 days**

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

— How the Key Ingredients Work

Chickweed (*Stellaria media*) is a time-honored herb used in both Western herbalism and traditional Chinese medicine to support healthy skin, everyday comfort, and overall wellness. This humble little plant brings together natural plant compounds that work together to help your body feel its best from the inside out.

Chickweed – Antioxidant Support — Chickweed is naturally rich in flavonoids and phenolic plant compounds that help your body defend itself against everyday oxidative stress. Studies on human skin cells have shown that chickweed extracts can help neutralize harmful free radicals, giving your body's natural defenses a helpful boost day after day.

Chickweed – Skin Comfort & Dermatitis Relief — One of chickweed's most well-known and best-documented traditional uses is soothing irritated, inflamed skin. Herbalists have relied on it for generations to ease dermatitis and skin discomfort, and modern in vitro research on human skin cells supports this use, pointing to its natural antioxidant and calming plant compounds as the reason why.

Chickweed – Everyday Inflammation Support — Chickweed has been studied in cell and animal models for its ability to support a healthy, balanced inflammatory response. Researchers have observed that its natural plant extracts may help reduce certain markers associated with inflammation, making it a popular choice for people looking for gentle, plant-based everyday comfort support.

Chickweed – Traditional Herbal Comfort — Long before modern research, herbalists in both Eastern and Western traditions turned to chickweed as a go-to remedy for discomfort and irritation. This deep history of traditional use across multiple healing systems speaks to the plant's reputation as a gentle, reliable herb for supporting the body's natural comfort and recovery processes.

Chickweed – Healthy Weight Management — Animal studies have shown that chickweed extracts may support healthy weight by influencing fat storage and appetite regulation in rodent models. While human clinical trials have not yet been conducted, chickweed's traditional use as an herb associated with healthy weight management has been documented across several herbal traditions.

Chickweed – Natural Flavonoid Content — Chickweed contains a variety of naturally occurring flavonoids — beneficial plant compounds found throughout the plant kingdom that are widely studied for their supportive effects on overall wellness. These compounds are believed to be among the key reasons chickweed has been valued as a health-supporting herb for so many centuries.

Chickweed – Phenolic Plant Compounds — Alongside its flavonoids, chickweed is a source of phenolic acids — another group of naturally occurring plant compounds associated with antioxidant activity. Together, these constituents give chickweed its characteristic ability to help support the body's defenses against the kind of everyday cellular stress that can accumulate over time.

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