



NATURE'S SUNSHINE

# Cinnamon Balance

GOOD FOR

Endocrine System

Pancreas

Blood

SIZE **120 vegcaps**

ITEM # **22211**

SERVING **2**

SUPPLY **30 days**

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

## — How the Key Ingredients Work

Cinnamon Balance brings together six time-honored botanicals — each chosen for the way it gently supports healthy blood sugar, digestion, and antioxidant defenses. Together they work as a team, helping your body stay in balance from the inside out.

**Cassia Cinnamon (Cassia Bark)** — The star of this formula, cassia cinnamon has been studied in multiple clinical trials showing it can help support healthy fasting blood sugar levels in people managing blood sugar concerns. It also brings natural antioxidant compounds that help the body defend against everyday cellular stress, making it a well-rounded daily herb.

**Nopal (Prickly Pear Cactus)** — Nopal is the flat green pad of the prickly pear cactus, long used in traditional Mexican cooking and herbal practice. Its natural fiber helps slow digestion and support a feeling of fullness after meals. Research also shows it may help support healthy blood pressure in overweight individuals, and its rich mix of plant pigments and vitamins contributes to the body's antioxidant defenses.

**Fenugreek** — Fenugreek seeds are packed with a thick, gel-like fiber that slows the release of sugars during digestion — a gentle, natural way to help keep blood sugar on an even keel. The same fiber coats and soothes the digestive tract, which may help ease bloating and occasional heartburn. Fenugreek also delivers antioxidant plant compounds that support overall cellular health.

**Astragalus** — A cornerstone herb in traditional Chinese medicine for thousands of years, astragalus root is best known for its support of the body's natural defenses. It contains unique plant compounds that help the body manage everyday oxidative stress by supporting the production of the body's own protective antioxidants. It has also been studied for its role in supporting healthy energy and overall vitality.

**Burdock Root** — Burdock is a deep-rooted plant used for centuries in both Asian and European herbal traditions. Its root is loaded with antioxidant compounds — including quercetin and chlorogenic acid — and a human clinical trial showed that drinking burdock root tea daily significantly raised total antioxidant levels in the body. The same trial found meaningful reductions in markers of inflammation, making burdock a valuable addition for whole-body wellness support.

**Dandelion** — Far more than a garden weed, dandelion leaf and root are rich in plant compounds that support healthy blood sugar, liver function, and fluid balance. A small clinical trial found dandelion leaf and root powder helped support healthy fasting blood sugar levels. Dandelion leaf is also a natural source of potassium, which supports healthy vascular function, and its antioxidant content is among the best-documented of any common herb.

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