



NATURE'S SUNSHINE

Digestive Bitters Tonic

Kosher

Organic

Non-GMO

GOOD FOR

Digestive System

Liver

Bladder

SIZE **2 fl oz**

ITEM # **23150**

SERVING **1 tsp**

SUPPLY **4 days**

DIRECTIONS FOR USE Take one teaspoon (5 mL) 15 minutes before meals three times daily. Refrigerate after opening.

— How the Key Ingredients Work

Digestive Bitters Tonic brings together time-honored bitter herbs and nourishing botanicals to help wake up your digestive system, support your body's natural comfort after meals, and keep you feeling your best from the inside out.

Gentian Root — The cornerstone of any great bitters formula. Gentian root is one of the most intensely bitter herbs in nature, and that bitterness is the point — it gently signals your mouth and stomach to get ready for digestion, encouraging your body to produce the saliva and stomach secretions that help break down food comfortably. Formally recognized in Europe for supporting relief from bloating, gas, and general digestive discomfort, gentian root has been a go-to digestive herb for centuries.

Dandelion — That cheerful backyard weed is actually a powerhouse for your digestive and overall wellness routine. Dandelion leaf and root have long been used to support healthy liver function and gentle fluid balance in the body. It's also a natural source of potassium, which supports healthy blood pressure, and it contains plant compounds that help your body manage everyday oxidative stress.

Cardamom — Known as the Queen of Spices, cardamom brings a warm, aromatic quality to this tonic while doing real work inside your body. It's been used across cultures to ease digestive discomfort, and modern research backs up its reputation as a source of antioxidant plant compounds. Studies also suggest cardamom may support healthy blood pressure and help the body maintain balanced blood sugar levels.

Orange — More than just a pleasant flavor, orange brings a wealth of beneficial plant compounds — including hesperidin — that support healthy circulation and help protect the body from everyday oxidative stress. Research shows that orange's natural compounds may support healthy blood pressure and contribute to the kind of vascular wellness that keeps you feeling energetic and well. It also adds a bright, natural citrus note that makes this tonic genuinely enjoyable to take.

Raspberry — Raspberries are among nature's richest sources of protective polyphenols — the plant compounds that help your body stay balanced and resilient. Raspberry leaf tea has been shown in a clinical trial to help support healthy blood sugar levels after meals, making it a smart addition to a daily wellness tonic. Raspberry also brings natural antioxidant support and has been studied for its role in helping the body manage everyday inflammation.

Stevia — Stevia is the gentle, plant-based sweetener that makes this tonic pleasant to take without adding sugar. Native to South America, stevia leaf has been used for generations as a natural sweetener, and modern research suggests it does more than just taste good. Studies show it may support healthy blood pressure, help the body manage appetite and energy intake over time, and provide antioxidant compounds that support overall wellness.

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