



NATURE'S SUNSHINE

Chlorophyll Stick Pack

Non-GMO

Dairy Free

Soy Free

Keto Friendly

No Sugar

GOOD FOR

Digestive System

Immune System

Colon (Large Intestine)

SIZE **Spearmint**

ITEM # **23497**

SERVING **1**

SUPPLY **30 days**

— How the Key Ingredients Work

This convenient stick pack blends the power of chlorophyll with gut-friendly inulin and naturally sweet stevia leaf extract to support your body from the inside out. Together these three ingredients work as a team — helping you feel fresher, more balanced, and ready for the day.

Chlorophyll — Think of chlorophyll as nature's green powerhouse. It's the same pigment that gives plants their rich color, and when you drink it, it acts as a free-radical fighter in your body — helping protect your cells from everyday oxidative stress. Research also shows it may support clearer-looking skin and help your body feel its best after meals.

Chlorophyll & Antioxidant Defense — Chlorophyll has a well-documented ability to scavenge harmful free radicals — the unstable molecules that build up from stress, pollution, and a busy lifestyle. By helping neutralize these troublemakers, chlorophyll supports your body's natural defenses and contributes to overall wellness you can feel over time.

Chlorophyll & Appetite Support — Green-leaf thylakoids — the tiny structures inside plant cells that carry chlorophyll — have been studied in multiple human trials. A 2020 review of eight clinical studies found that thylakoid supplementation consistently helped people feel fuller after meals and reduced the urge to snack, making it a smart companion for mindful eating habits.

Chlorophyll & Blood Sugar Balance — Chlorophyll-containing compounds have shown promising results in human studies for helping keep blood sugar levels steadier after carbohydrate-rich meals. Research suggests they may help reduce the sharp rise and fall in glucose that can leave you feeling tired and hungry — a gentle, natural way to support balanced energy throughout the day.

Chlorophyll & Skin Wellness — Small human trials have explored chlorophyll's role in supporting clearer skin. Both topical and ingested forms have been studied, with results suggesting that chlorophyll may help reduce the appearance of blemishes and support a healthier-looking complexion — making it a beauty-from-within ingredient worth knowing about.

Inulin — Inulin is a naturally occurring fiber found in roots, bulbs, and fruits — and it's one of the most well-researched prebiotic ingredients available. It feeds the beneficial bacteria living in your gut, helping them thrive and multiply. A happy gut microbiome is linked to better digestion, improved immunity, and a greater sense of overall wellbeing.

Inulin & Gut Comfort — As a prebiotic fiber, inulin travels through your digestive system undigested until it reaches your colon, where friendly bacteria ferment it and use it as fuel. This process supports a balanced gut environment and helps keep your digestive system running smoothly — a foundation for feeling good from the inside out.

Inulin & Appetite Control — Multiple clinical trials show that inulin-type fibers can help reduce feelings of hunger and the desire to eat between meals. The mechanism is straightforward: when gut bacteria ferment inulin, they produce compounds that signal to your body that you're satisfied — a natural, food-based way to support mindful portion control.

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