



NATURE'S SUNSHINE

Cornsilk

GOOD FOR

Urinary System

Bladder

Kidneys

SIZE **100 Capsules**

ITEM # **235**

SERVING **1**

SUPPLY **33 days**

DIRECTIONS FOR USE Take one capsule with a meal three times daily.

— How the Key Ingredients Work

Cornsilk has been treasured for centuries as a gentle, plant-based herb that works with your body's own systems to help maintain healthy fluid balance, support the urinary tract, and promote overall well-being. Drawn from the silky threads of the maize plant, this simple ingredient brings a surprising range of everyday benefits.

Cornsilk – Urinary Tract Support — Cornsilk has a long tradition of use as a gentle herb for the urinary tract. It is believed to help soothe and support the bladder and kidneys, encouraging comfortable, healthy urinary flow. Herbalists have relied on it for generations to help the body maintain normal fluid balance and ease occasional urinary discomfort.

Cornsilk – Antioxidant Defense — Cornsilk is rich in flavonoids and polyphenols — natural plant compounds that help your body stand up to everyday oxidative stress. Studies show cornsilk extracts have strong free-radical-fighting activity, and they also appear to help preserve the body's own built-in antioxidant defenses, keeping cells better protected day to day.

Cornsilk – Blood Pressure Balance — Research is encouraging when it comes to cornsilk and healthy blood pressure. A 2019 review of five clinical trials found that adding cornsilk tea to standard care was significantly more effective at supporting healthy blood pressure levels than standard care alone — a meaningful finding for anyone focused on heart and circulatory wellness.

Cornsilk – Blood Sugar Balance — Multiple preclinical studies have found that cornsilk extracts help support healthy blood sugar levels. The natural polysaccharides, flavonoids, and phenolic acids in cornsilk appear to help the body manage glucose more effectively, and animal research suggests it may also support the pancreas in maintaining normal insulin activity.

Cornsilk – Cholesterol Support — Animal studies show that cornsilk extract can significantly support healthy cholesterol balance — helping to reduce total and LDL cholesterol while raising HDL, the 'good' kind. Researchers point to beta-sitosterol and flavonoids in cornsilk as key players behind this heart-friendly effect, making it a noteworthy herb for cardiovascular wellness.

Cornsilk – Natural Plant Flavonoids — One of cornsilk's greatest strengths is its naturally rich flavonoid content. These plant compounds are behind many of cornsilk's most valued properties — from antioxidant protection to support for healthy circulation and fluid balance. Getting a steady supply of dietary flavonoids is widely considered an important part of a healthy lifestyle.

Cornsilk – Polyphenol Richness — Beyond flavonoids, cornsilk contains a broad range of polyphenols — beneficial plant compounds that research consistently links to supporting the body's defenses and overall vitality. These compounds work together synergistically, meaning the whole herb may offer more well-rounded support than any single isolated nutrient could on its own.

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