



NATURE'S SUNSHINE

Damiana

GOOD FOR

Male Reproductive System

Endocrine System

Nervous System

SIZE **100 Capsules**

ITEM # **240**

SERVING **2**

SUPPLY **25 days**

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

— How the Key Ingredients Work

Damiana is a time-honored herb with a long history of traditional use across multiple areas of wellness. Its naturally occurring plant compounds work together to help support a balanced, energized, and relaxed body from the inside out.

Damiana – Antioxidant Defense — Damiana contains plant compounds that help the body strengthen its own natural defenses against everyday oxidative stress. Research shows it supports the body's internal antioxidant systems, helping protect cells and tissues so you can feel your best day after day.

Damiana – Calm & Relaxation — One of damiana's best-known traditional uses is helping the mind and body feel more at ease. Its naturally occurring flavonoids have been studied for their ability to promote a sense of calm and relaxation, making it a go-to herb when life feels a little overwhelming or tense.

Damiana – Blood Sugar Balance — Preclinical research suggests that damiana may help support healthy blood sugar levels already within a normal range. Certain compounds found in the plant have been studied for their role in helping the body manage glucose more effectively, supporting overall metabolic wellness.

Damiana – Appetite Control — Damiana has been studied as part of an herbal combination alongside yerba maté and guarana, where the blend was shown in human studies to help slow digestion and support a feeling of fullness. This makes damiana a traditionally valued herb for those looking to support healthy eating habits.

Damiana – Traditional Aphrodisiac Use — Damiana's botanical name, *Turnera aphrodisiaca*, reflects its centuries-long reputation as a natural herb for supporting romantic vitality and healthy libido. Herbalists and traditional healers across Mexico and Central America have long relied on this plant as a gentle, natural tonic for intimate wellness.

Damiana – Nervous System Support — Traditionally used to help ease feelings of nervous tension and mild anxiety, damiana has been listed in the British Herbal Pharmacopoeia as a supportive herb for anxiety-related concerns. It is considered a gentle tonic for the nervous system, helping the body adapt to everyday stress.

Damiana – Energy & Vitality — Long used as a natural tonic herb, damiana has a traditional reputation for helping support energy and overall vitality. Many people have turned to this herb as a gentle pick-me-up that supports stamina and a sense of well-being without the harsh edge of stimulants.

Damiana – Digestive Wellness — In traditional herbal practice, damiana has been used to support healthy digestion. Its role in the YGD herbal combination — which was shown to slow gastric emptying in human studies — points to its potential as a gentle aid for digestive comfort and regularity.

Damiana – Cellular Health — Research conducted in laboratory settings suggests that damiana's plant compounds may help support healthy cellular function. A 2025 in vitro study found notable activity in pathways related to the body's natural protective responses, highlighting damiana's potential role in supporting long-term cellular wellness.

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