



NATURE'S SUNSHINE

Dandelion

Kosher

Halal

GOOD FOR

Liver

Digestive System

Gallbladder

SIZE **100 Capsules**

ITEM # **250**

SERVING **2**

SUPPLY **25 days**

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

— How the Key Ingredients Work

Dandelion is one of nature's most versatile plants, offering whole-body support through its leaves, roots, and flowers — each packed with beneficial compounds that work together to help your body feel its best. From everyday wellness to targeted support, this humble herb has been trusted for centuries and is now backed by modern research.

Dandelion Leaf — The leaf is a nutritional powerhouse loaded with natural antioxidants like luteolin and chlorogenic acid that help your body fight everyday oxidative stress. Research also shows dandelion leaf has a meaningful diuretic effect, helping your body manage fluid balance naturally — which may in turn support healthy blood pressure levels.

Dandelion Root — The root is where much of dandelion's blood sugar and cholesterol support lives. Preclinical studies show dandelion root extracts can help improve lipid profiles and support healthier cholesterol levels. It also contains inulin, a natural fiber that may help keep blood sugar on an even keel, making it a great daily wellness companion.

Dandelion Flower — Don't overlook the bright yellow bloom — dandelion flowers are rich in polyphenols with strong free radical scavenging ability. These natural compounds help protect your body's cells from the wear and tear of daily life, supporting your overall antioxidant defenses and contributing to long-term cellular health and vitality.

Antioxidant Polyphenols (Luteolin & Cichoric Acid) —

Dandelion is naturally rich in plant compounds like luteolin and cichoric acid, which act as antioxidants in the body. These compounds have been shown in lab studies to neutralize free radicals effectively. Animal studies further confirm they help protect organs from oxidative damage, supporting your body's natural defense systems every day.

Chlorogenic Acid — Found throughout the dandelion plant, chlorogenic acid is a well-studied natural compound linked to both antioxidant activity and healthy glucose metabolism. It's one of the key reasons dandelion has been researched for blood sugar balance, and it works alongside other plant compounds to deliver broad, complementary wellness support.

Inulin (Natural Prebiotic Fiber) — Dandelion root is a natural source of inulin, a type of soluble fiber that feeds the good bacteria in your gut. Beyond digestive support, inulin may also play a role in helping to moderate blood sugar levels after meals. It's a gentle, food-based way to support both your gut and your metabolic health simultaneously.

Potassium (Naturally Occurring) — Dandelion is a notable natural source of potassium, an essential mineral that plays a key role in keeping your heart and blood vessels healthy. Potassium helps balance fluids in the body and supports normal vascular function. Combined with dandelion's diuretic properties, this natural potassium content makes it especially relevant for cardiovascular wellness.

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