



NATURE'S SUNSHINE

Target TS-II Formula

GOOD FOR

Endocrine System

Thyroid Gland

Pituitary Gland

SIZE **90 Capsules**

ITEM # **2815**

SERVING **1-2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 capsules before breakfast and 1 before lunch daily.

— How the Key Ingredients Work

Target TS-II Formula brings together a carefully chosen blend of minerals, botanicals, and amino acids that work together to support your joints, antioxidant defenses, digestive comfort, and overall daily wellness. Each ingredient was selected because research points to a meaningful role it plays in keeping your body running smoothly.

Zinc — Zinc is one of the hardest-working minerals in the body — it helps keep your immune system sharp, supports healthy testosterone levels, and plays a key role in your body's natural antioxidant defenses. It also helps regulate cortisol, the stress hormone, so your adrenal glands don't have to work overtime.

Manganese — Manganese is a quiet but essential mineral that your body relies on to build healthy cartilage and bone, keep blood sugar in balance, and neutralize harmful free radicals deep inside your cells' energy centers. Without enough manganese, joints and bones can lose their structural foundation over time.

L-Glutamine — L-Glutamine is the most abundant amino acid in the body and a key building block for your gut lining. It helps ease abdominal discomfort, supports a healthy intestinal barrier, and feeds your body's production of glutathione — your cells' most important internal antioxidant. It may also help curb cravings.

L-Proline — L-Proline is a cornerstone amino acid for collagen — the structural protein that gives your joints, bones, and blood vessel walls their strength and flexibility. Clinical studies on collagen peptides rich in proline have shown meaningful improvements in bone mineral density, and it plays a direct role in keeping cartilage healthy and resilient.

Spirulina — Spirulina is a nutrient-dense blue-green algae packed with iron, B vitamins, and a powerful pigment called phycocyanin that acts as a free-radical scavenger. Human studies show it can improve antioxidant markers, support healthy hemoglobin levels, help ease seasonal allergy symptoms, and even help reduce appetite in overweight individuals.

L-Histidine — L-Histidine is an essential amino acid that the body uses to make histamine — a brain messenger involved in mood, appetite regulation, and anxiety balance. Research links higher dietary histidine to lower body weight and waist size, and it also acts as a direct antioxidant, helping neutralize harmful free radicals and chelate pro-oxidant metals in the body.

Hops — Best known for its role in brewing, the hops plant is also a rich source of polyphenols and bitter compounds that support the body in several ways. Research shows hops extracts can help reduce food intake by promoting feelings of fullness, support healthy blood sugar, and provide meaningful antioxidant protection. Preclinical studies also suggest a role in supporting bone health after estrogen decline.

Parsley — Parsley is far more than a garnish — it's one of the most flavonoid-rich herbs available, loaded with antioxidants like apigenin, luteolin, and quercetin. Studies show it supports healthy blood pressure through natural vasodilation, helps keep arterial walls healthy by managing homocysteine levels, and may support healthy blood flow by discouraging excessive platelet clumping.

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