



NATURE'S SUNSHINE

Ginger

Vegan

Kosher

Non-GMO

GOOD FOR

Digestive System

Stomach

SIZE **100 Capsules**

ITEM # **300**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

This formula harnesses the full power of ginger root — one of the world's most trusted wellness herbs — to support your digestive system, soothe everyday discomfort, and help your body feel its best from the inside out. Every serving delivers the same warming, nourishing goodness that people have relied on for thousands of years.

Ginger Root (Digestive Comfort) — Ginger has been a go-to remedy for tummy troubles for over 2,500 years. It helps your stomach empty more efficiently and supports smooth, comfortable digestion — making it a natural choice when you feel bloated, sluggish, or just a little off after eating.

Ginger Root (Abdominal Ease) — Feeling gassy or crampy? Ginger has a long history in traditional Chinese medicine for easing exactly that. Research shows it helps calm the gut, support healthy movement through the digestive tract, and reduce the kind of bloating and discomfort that can make your day uncomfortable.

Ginger Root (Acid Reflux & Heartburn Support) — Ginger works as a natural prokinetic — meaning it helps food move through your stomach more quickly, which can ease the pressure that leads to that familiar burning feeling. A clinical study found that ginger significantly sped up stomach emptying in people dealing with functional digestive issues.

Ginger Root (Respiratory & Allergy Wellness) — Beyond digestion, ginger contains active compounds that support a balanced immune response in the airways. Early research comparing ginger extract to a common allergy medication showed promising results for seasonal respiratory comfort, suggesting ginger may help the body respond more calmly to everyday environmental triggers.

Ginger Root (Antioxidant Protection) — Ginger is packed with naturally occurring antioxidants — including the compounds that give it its signature spicy kick. These antioxidants help neutralize everyday oxidative stress in the body, supporting your cells and tissues so they can keep doing their jobs well over time.

Ginger Root (Gut Motility & Bloating) — One of ginger's most well-studied benefits is its ability to support healthy gut motility — the natural rhythm that keeps things moving through your digestive system. When that rhythm is off, you feel it. Ginger helps keep things flowing comfortably and reduces the buildup of gas and pressure.

Ginger Root (Nausea Relief) — Ginger is perhaps best known for its ability to ease nausea. Whether it's motion sickness, an unsettled stomach, or general queasiness, ginger has been used across cultures and centuries as a gentle, natural way to calm the stomach and restore a sense of ease.

Ginger Root (Immune System Balance) — Ginger's active compounds have been shown to support a healthy, balanced immune response. Rather than overstimulating the immune system, ginger appears to help it respond in a measured, appropriate way — which is exactly what you want for day-to-day wellness and resilience.

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