



NATURE'S SUNSHINE

CC-A With Yerba Santa Combination Extract

GOOD FOR

Immune System

Respiratory System

Cardiovascular system

SIZE **2 fl oz**ITEM # **3165**SERVING **1 mL**SUPPLY **29 days**

DIRECTIONS FOR USE Take 1/4 teaspoon (1 mL) in 2 ounces (59 mL) of warm water with a meal twice daily.

— How the Key Ingredients Work

CC-A with Yerba Santa Combination Extract brings together a carefully chosen blend of time-honored herbs — each one selected to support a specific area of your health, from your lungs and digestion to your immune system and everyday comfort. Together they work as a team, giving your body a broad, gentle foundation of natural support.

Yerba Santa — A beloved herb of California's Indigenous healers, yerba santa has been used for generations to support the lungs and airways. It acts as a natural expectorant — helping to loosen and clear mucus — and has traditionally been relied on for coughs, bronchitis, and keeping the bronchial passages feeling open and comfortable.

Mullein — Mullein has been a go-to respiratory herb in European and American folk medicine for centuries. Its naturally soothing, mucilage-rich leaves help coat and calm irritated airways, while its natural compounds support the body's ability to clear the lungs. Research also points to antioxidant and anti-inflammatory properties in its plant compounds.

Goldenseal — Goldenseal is a native North American root prized for its active compound berberine. Studies show berberine supports healthy blood sugar levels and may help maintain balanced blood pressure. Goldenseal also has well-documented antifungal properties in laboratory research, with berberine shown to discourage the growth and adhesion of Candida yeast.

Astragalus — Used for thousands of years in Traditional Chinese Medicine, astragalus root is best known as an immune-supporting powerhouse. Clinical research shows it may help the body manage seasonal allergy symptoms, and its natural compounds are well studied for their antioxidant activity — helping protect cells from everyday oxidative stress.

Rose Hips — Rose hips — the small, ruby-red fruits of the rose plant — are one of nature's richest sources of vitamin C, alongside a wealth of antioxidant plant compounds including carotenoids and flavonoids. Research shows rose hip powder supports joint comfort, and clinical studies have found it may contribute to healthy blood pressure levels.

Chamomile — Few herbs are as universally loved as chamomile. Its calming flavonoids have been studied in clinical trials for their ability to ease feelings of anxiety and support a relaxed mood. Chamomile also has a long, well-supported history of soothing an upset stomach and helping with abdominal discomfort, and its antioxidant activity has been confirmed in human studies.

Slippery Elm Bark — The inner bark of the slippery elm tree gets its name from its naturally slick, gel-like texture when mixed with water. That same soothing quality makes it a trusted herb for coating and calming the digestive tract. Research also points to prebiotic fiber compounds in slippery elm that help nourish friendly gut bacteria like Lactobacillus and Bifidobacterium.

Yarrow — Yarrow is one of the oldest medicinal plants known to humanity and holds official approval from German health authorities for digestive complaints including mild stomach cramping and loss of appetite. Its bitter compounds encourage healthy digestive tone and bile flow, while its flavonoids have been studied for antioxidant and calming properties in animal research.

☎ (888) 510-7196 ✉ service@caringsunshine.com

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