



NATURE'S SUNSHINE

ALJ®

GOOD FOR

Respiratory System

Immune System

Lungs

SIZE **2 fl oz**

ITEM # **3166**

SERVING **2 mL**

SUPPLY **10 days**

DIRECTIONS FOR USE Take 1-2 mL (approximately 20-30 drops) in water three times daily.

— How the Key Ingredients Work

ALJ® brings together five time-honored herbs — boneset, fenugreek, horseradish, mullein, and fennel — each chosen for the way it naturally supports your respiratory system, immune defenses, and digestive comfort. Together they work as a team, helping your body stay clear, comfortable, and resilient through every season.

Boneset — A beloved North American herb with centuries of use during cold and flu season, boneset helps your body mount a healthy immune response when you need it most. Lab studies show it may help support the body's natural defenses against seasonal viruses, and it has long been valued for easing the deep, achy discomfort that can come with a cold or flu.

Boneset — Immune & Inflammation Support — Beyond cold season, boneset has traditionally been turned to for general feelings of achiness and discomfort in the joints and muscles. Research in the lab suggests its plant compounds help calm the body's inflammatory response, making it a well-rounded herb for overall comfort and resilience throughout the year.

Fenugreek — Fenugreek seeds are packed with a special soluble fiber that coats and soothes the lining of your digestive tract. This gentle coating action helps ease bloating, abdominal discomfort, and the occasional upset stomach, making fenugreek a wonderful partner for anyone whose respiratory troubles come alongside digestive sensitivity.

Fenugreek — Heartburn & Digestive Comfort — That same soothing fiber in fenugreek can also form a natural, gentle barrier in the stomach that helps keep stomach acid where it belongs. In a small clinical study, a fenugreek fiber product worked as well as a common over-the-counter heartburn remedy in reducing heartburn severity — a reassuring finding for everyday digestive wellness.

Fenugreek — Antioxidant Richness — Fenugreek seeds are a natural source of flavonoids, polyphenols, and other plant compounds that help the body defend itself against everyday oxidative stress. These antioxidants support the body's own built-in protective systems, contributing to a sense of overall vitality and long-term wellness.

Horseradish — Horseradish root is the formula's powerhouse for respiratory and sinus comfort. Its naturally pungent compounds travel through the body and are released through the airways and urinary tract, helping to clear congestion and support healthy breathing. It has been used for generations as a go-to herb when sinuses feel stuffy and airways feel tight.

Horseradish — Bronchitis & Airway Support — Clinical research on a combination product featuring horseradish root found it performed comparably to antibiotics for people dealing with acute bronchitis, with a favorable safety profile. This makes horseradish one of the most evidence-backed herbs in the formula for supporting the lungs and airways during seasonal respiratory challenges.

Horseradish — Antioxidant Defense — Horseradish root is naturally rich in vitamin C and a range of plant antioxidants including quercetin and kaempferol. These compounds help the body neutralize everyday free radicals, supporting a healthy immune environment and contributing to the formula's overall protective character.

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