



NATURE'S SUNSHINE

Lymphatic Drainage

GOOD FOR

Lymphatic System

Immune System

Blood

SIZE **2 fl oz**ITEM # **3171**SERVING **1 mL**SUPPLY **29 days****DIRECTIONS FOR USE** Take 1 mL (approximately 15–20 drops, 1/4 teaspoon) in water twice daily.

— How the Key Ingredients Work

This carefully chosen blend of time-honored herbs works together to encourage healthy fluid movement, support your body's natural filtering and cleansing processes, and help you feel lighter and more comfortable day to day. Each ingredient brings its own tradition of wellness support, combining old-world herbal wisdom with what modern research is beginning to confirm.

Cleavers — One of herbalism's most beloved lymphatic herbs, cleavers has been used for centuries to help the body move fluid and clear waste more efficiently. Traditionally brewed as a tea or applied as a wash, it's also been valued for supporting healthy skin, a comfortable bladder, and the body's natural defenses against everyday oxidative stress.

Red Clover — A meadow herb with a rich history in European, Chinese, and Native American wellness traditions, red clover is packed with plant compounds that support healthy circulation and antioxidant defense. Research suggests it may help keep arteries flexible and support bone density, making it a well-rounded addition to any cleansing and wellness formula.

Stillingia — Long prized by 19th-century herbal practitioners and Native American healers alike, stillingia root was considered a cornerstone 'alterative' herb — one that helps the body gradually clear and refresh itself. Traditionally used to support healthy skin, ease chronic bronchial congestion, and encourage the body's natural purifying processes, it brings deep-rooted cleansing tradition to this blend.

Prickly Ash — Named for its spiny bark and famous for the gentle tingle it leaves on the tongue, prickly ash has been used across many cultures to warm the body, encourage healthy circulation, and ease chronic discomfort. Preclinical studies point to meaningful antioxidant and anti-inflammatory activity, and traditional herbalists have long relied on it to get things moving throughout the body's systems.