



NATURE'S SUNSHINE

Ultimate Echinacea

GOOD FOR

Immune System

Lymphatic System

Respiratory System

SIZE **2 fl oz**ITEM # **3181**SERVING **1 mL**SUPPLY **20 days**

DIRECTIONS FOR USE Take 1 mL (approximately 15-20 drops) in water with a meal three times daily.

— How the Key Ingredients Work

Ultimate Echinacea brings together the most trusted forms of this beloved purple coneflower herb to help your body stay resilient. Each serving works with your natural defenses to keep you feeling your best, especially when seasonal challenges are all around you.

Echinacea Purpurea (Aerial Parts) — The above-ground parts of purple coneflower — leaves, stems, and flowers — are rich in active compounds that have been studied in multiple clinical trials. Research shows they help support the body's natural immune response and may help reduce how long and how hard respiratory bugs hit you.

Echinacea Purpurea (Root) — The root of *E. purpurea* adds a deeper layer of support to the formula. Traditionally prized by herbalists for centuries, the root contains a complementary set of beneficial compounds that work alongside the aerial parts to give your immune system a more complete boost when you need it most.

Echinacea Purpurea Extract (Standardized) — Standardized *E. purpurea* extract — the kind used in well-known preparations like Echinaforce® — has been shown in lab studies to help fight the bacteria linked to mild skin blemishes and to calm the irritation those bacteria can trigger. It brings consistency and potency to every serving of this formula.

Echinacea Angustifolia (Root) — Narrow-leaf echinacea root is one of the three medicinal Echinacea species and has a long history of traditional use in North America. A specialized extract of *E. angustifolia* root has been studied in double-blind human trials for its calming properties, with participants reporting reduced feelings of everyday stress and anxiousness.

Echinacea Pallida (Root) — Pale purple coneflower rounds out the trio of medicinal Echinacea species in this formula. *E. pallida* root has been used traditionally for immune and respiratory wellness and contributes its own unique blend of phenolic compounds, helping to make this a truly broad-spectrum echinacea supplement rather than a single-species product.

Echinacea (Immune Support Blend) — Echinacea as a whole genus is among the most thoroughly researched botanical families for immune health. A 2023 systematic review placed Echinacea alongside other leading herbs as one of the botanicals with the most promising clinical evidence for supporting the body during acute respiratory challenges, including bronchitis-related conditions.

Antioxidant Phenolic Compounds (from Echinacea) — Echinacea naturally contains a family of plant compounds — including cichoric acid, echinacoside, chlorogenic acid, and caffeic acid relatives — that have been shown in lab studies to help neutralize harmful free radicals. These antioxidant properties help protect your cells from everyday oxidative wear and tear.

Immune-Modulating Polysaccharides (from Echinacea) — The complex plant sugars found in Echinacea purpurea are among the compounds researchers believe play a key role in its immune-supporting action. Studies suggest these polysaccharides help encourage a healthy, balanced immune response, which is especially relevant during cold and flu season or times of extra stress on the body.

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