



NATURE'S SUNSHINE

Catnip & Fennel

GOOD FOR

Digestive System

Nervous System

Stomach

SIZE **2 fl oz**

ITEM # **3195**

SERVING **2.5-5 mL**

SUPPLY **4-7 days**

DIRECTIONS FOR USE Take one-half to one teaspoon (2.5 - 5 mL) in water with a meal three times daily. Shake well before using.

— How the Key Ingredients Work

This simple two-herb formula brings together centuries of traditional wisdom to help your digestive system feel calm, comfortable, and at ease. Catnip and fennel work gently together to soothe an unhappy tummy and support everyday digestive wellness.

Catnip — Long used in folk herbalism, catnip is a member of the mint family with a long history of supporting digestive comfort and a calm stomach. Traditionally brewed as a tea, it has been valued for helping ease occasional tummy upset and supporting a sense of overall ease and relaxation in the body.

Catnip – Digestive Ease — Catnip has been used for generations as a gentle herb to help settle the stomach. Herbalists have traditionally reached for it when dealing with feelings of fullness, occasional cramping, or general abdominal discomfort, making it a trusted choice for everyday digestive support in a natural wellness routine.

Catnip – Calming Qualities — As a member of the mint family — the same botanical family as spearmint and peppermint — catnip shares some of that family's well-known soothing character. It has traditionally been used to help the body feel more settled and at ease, supporting a sense of comfort from the inside out.

Catnip – Traditional Herbal Use — Native to parts of Europe, the Middle East, and Central Asia, catnip has a rich history in traditional herbal medicine. Herbalists across cultures have used this perennial herb to support digestive wellness and general comfort, and it remains a beloved ingredient in natural health formulas today.

Fennel – Belly Comfort — Fennel is one of the most time-honored herbs for digestive comfort, used in European, Ayurvedic, and Chinese traditional medicine for centuries. It has long been relied upon to help ease feelings of bloating, occasional cramping, and that uncomfortable full or gassy feeling after a meal.

Fennel – Smooth Digestion — The natural essential oils found in fennel seeds have been shown in research to help relax the muscles of the digestive tract, which may help things move along more comfortably. This is why fennel has traditionally been described as a carminative — an herb that helps ease gas and support smooth, comfortable digestion.

Fennel – Antioxidant Support — Fennel is naturally rich in plant compounds including polyphenols and flavonoids, which have been studied for their ability to help the body defend against everyday oxidative stress. Supporting your body's natural antioxidant defenses is one of the most consistently noted qualities of this versatile herb.

Fennel – Traditional Carminative — Across many cultures and centuries, fennel has been the go-to herb for a gassy or bloated belly. Whether sipped as a tea or taken as a supplement, fennel's reputation as a carminative — meaning it helps the body release trapped gas and ease abdominal discomfort — is one of its most celebrated traditional uses.

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