



NATURE'S SUNSHINE

Oregon Grape

Kosher

Organic

Non-GMO

GOOD FOR

Hair, Skin & Nails (Integumentary)

Immune System

SIZE **2 fl oz**

ITEM # **3395**

SERVING **1/4-1/2 tsp**

SUPPLY **4-19 days**

DIRECTIONS FOR USE Take one-quarter to one-half teaspoon (1.25 - 2.5 mL) in water with a meal three times daily.

— How the Key Ingredients Work

Oregon Grape is a hardy evergreen shrub with a long history of traditional use, and its bark is packed with naturally occurring plant compounds — led by berberine — that work together to support healthy skin, balanced body systems, and everyday vitality. Think of it as one of nature's most versatile botanical allies, quietly helping your body stay on an even keel.

Oregon Grape – Skin Clarity Support — Oregon Grape has a well-established reputation for supporting clearer skin. Its natural plant compounds have been shown in studies to work against the bacteria commonly linked to breakouts, and traditional herbal systems have long turned to this plant when skin needs a little extra help staying calm and clear.

Oregon Grape – Antioxidant Protection — The plant compounds found in Oregon Grape bark — including berbamine and oxyacanthine — have demonstrated real free-radical-fighting activity in laboratory studies. Free radicals are unstable molecules that can wear on your cells over time, so having antioxidant support in your corner is a simple, smart part of any wellness routine.

Oregon Grape – Blood Sugar Balance — Berberine, the star active compound in Oregon Grape, has been studied extensively for its role in supporting healthy blood sugar levels. Multiple well-designed clinical trials and reviews show it can help support normal fasting glucose and after-meal glucose responses, making it a meaningful addition to a balanced lifestyle.

Oregon Grape – Yeast & Candida Balance — Oregon Grape's natural compounds, particularly berberine and jatrorrhizine, have shown antifungal activity against several Candida species in laboratory studies — including some strains that are harder to address. Research has specifically looked at extracts from this plant against isolates associated with common yeast concerns, pointing to real promise for everyday balance.

Oregon Grape – Berberine, the Core Compound — Berberine is the primary active alkaloid that gives Oregon Grape so much of its versatility. It has been the subject of dozens of clinical trials across multiple health areas, and its broad range of supportive actions in the body makes it one of the most researched plant compounds in modern botanical science.

Oregon Grape – Jatrorrhizine Content — Alongside berberine, Oregon Grape bark contains jatrorrhizine, another naturally occurring alkaloid. Studies have shown jatrorrhizine contributes to the plant's activity against certain bacteria and fungi, adding an extra layer of support to the overall profile of this herb and helping round out its wellness benefits.

Oregon Grape – Berbamine Content — Berbamine is one of the lesser-known but still meaningful compounds found in Oregon Grape. Laboratory research has shown it contributes to the plant's antioxidant activity, helping to neutralize free radicals and reduce oxidative stress markers — a quiet but important part of what makes this herb so well-rounded.

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