



NATURE'S SUNSHINE

Gotu Kola

GOOD FOR

Brain

Nervous System

Cardiovascular system

SIZE **100 Capsules**

ITEM # **360**

SERVING **1**

SUPPLY **33 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Gotu Kola is a time-honored tropical herb that has been used for centuries in Ayurvedic and Asian herbal traditions — and modern research is now catching up with what traditional healers long believed. This single powerhouse plant works across several areas of wellness, from a calmer, steadier mind to healthier-looking skin.

Gotu Kola — Calm & Anxiety Support — Feeling on edge?

Gotu Kola has real clinical trial evidence behind its calming reputation. In a double-blind, placebo-controlled study in healthy adults, it was shown to reduce the body's startle response — a well-accepted marker of anxiety — after supplementation. That means your nervous system may simply feel less reactive and more at ease day to day.

Gotu Kola — Antioxidant Defense — Every day, your body deals with oxidative stress from pollution, diet, and just living life. Gotu Kola's natural compounds have been shown in multiple preclinical studies to help the body ramp up its own built-in antioxidant defenses. Think of it as giving your body's internal cleanup crew a boost — supporting both your brain and your skin from the inside out.

Gotu Kola — Skin & Acne Support — Gotu Kola contains a purified compound called madecassoside that has been shown to help reduce the kind of inflammation involved in acne. Beyond that, its collagen-supporting and anti-inflammatory properties may also help address the look of post-acne marks and scarring, making it a popular ingredient in formulations designed for acne-prone skin.

Gotu Kola — Wound Healing & Tissue Comfort — Gotu Kola has been studied in controlled clinical trials for its role in wound healing. In one randomized controlled study, participants using Gotu Kola showed significant improvement in pain scores related to chronic anal fissures compared to a control group — pointing to its broader potential for supporting tissue repair and comfort in sensitive areas of the body.

 (888) 510-7196  service@caringsunshine.com

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