



NATURE'S SUNSHINE

Hops

GOOD FOR

Nervous System

Brain

SIZE **100 Capsules**

ITEM # **380**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Hops (*Humulus lupulus*) has been treasured for centuries not just for brewing, but for its remarkable range of wellness benefits. The whole plant delivers a rich mix of natural compounds that work together to support your body from the inside out.

Hops — Antioxidant Defense — Hops is loaded with natural plant polyphenols, including a standout compound called xanthohumol. These act like a cleanup crew inside your body, helping to neutralize harmful free radicals before they can cause damage. Research shows this protective activity works both in lab studies and in living systems, supporting your body's everyday defenses.

Hops — Relaxation & Sleep Support — One of hops' most beloved traditional uses is helping people unwind and sleep more soundly. The plant's natural bitter compounds and aromatic resins have a long history of use as a gentle calming aid. Hops is commonly paired with other calming herbs and has been studied for its role in supporting a more restful night.

Hops — Appetite & Satiety Support — The naturally bitter compounds in hops interact with taste receptors in your gut, which can trigger signals that tell your brain you feel satisfied. A clinical study using a hops extract found that people ate less after taking it, suggesting hops may help you feel fuller and more in control of your appetite in a natural, gentle way.

Hops — Blood Sugar Balance — Xanthohumol, one of hops' key natural compounds, has been shown in animal studies to support healthy blood sugar levels and help the body respond to insulin more effectively. Early research also points to hops working well alongside other herbs to support healthy glucose balance, making it a promising natural addition to a wellness routine.

Hops — Bone Density & Strength — Hops contains a natural compound called 8-prenylnaringenin, which behaves similarly to estrogen in the body. In animal studies, this compound helped protect against bone loss when estrogen levels dropped — a concern especially relevant for women going through menopause. Researchers are actively exploring its potential for supporting long-term bone health.

Hops — Digestive Comfort — The bitter acids naturally found in hops have traditionally been used to support healthy digestion. Bitters are a time-honored way to encourage the body's natural digestive processes, and hops fits right into that tradition. By gently stimulating digestive activity, hops may help your stomach feel more comfortable after meals.

Hops — Hormonal Balance (Women's Wellness) — 8-Prenylnaringenin from hops is one of the most potent plant-based estrogen-like compounds found in nature. This makes hops a subject of growing interest for supporting women's hormonal wellness, particularly during and after menopause. It offers a plant-based way to help the body navigate natural hormonal shifts more comfortably.

Hops — Liver & Metabolic Support — Research has shown that xanthohumol from hops can help protect liver cells from oxidative stress and fat buildup in laboratory and animal models. A healthy liver is central to your overall metabolism, and hops' natural compounds appear to play a supportive role in keeping this vital organ functioning at its best.

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