



NATURE'S SUNSHINE

Orange (Organic)

GOOD FOR

Nervous System

Hair, Skin & Nails (Integumentary)

SIZE **15 ml**

ITEM # **3839**

DIRECTIONS FOR USE Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

— How the Key Ingredients Work

This organic whole-orange formula brings together the naturally occurring vitamins, flavonoids, and plant compounds found in *Citrus sinensis* — working together to support your body's everyday defenses, circulation, mood, and energy balance. Think of it as sunshine in a bottle, delivering what a fresh orange does best.

Citrus sinensis – Vitamin C — Oranges are one of nature's best-known sources of vitamin C, a nutrient your body relies on every single day. Vitamin C helps protect your cells from everyday wear and tear, supports a healthy immune response, and plays a key role in keeping skin, connective tissue, and blood vessels strong and resilient.

Citrus sinensis – Hesperidin — Hesperidin is a natural plant compound found abundantly in orange peel and pulp. Research shows it supports healthy blood pressure levels and helps keep blood vessels working smoothly. It has also been studied for its role in helping the body maintain balanced blood sugar, with clinical trials showing meaningful improvements in fasting glucose levels.

Citrus sinensis – Narirutin — Narirutin is another flavonoid naturally present in sweet oranges that works alongside hesperidin and vitamin C to help the body defend itself against oxidative stress. Together these compounds contribute to a broader antioxidant effect that helps keep your cells feeling their best day after day.

Citrus sinensis – Limonene — Limonene is the bright, uplifting compound responsible for much of the fresh citrus scent you notice when you peel an orange. Beyond its cheerful aroma, limonene has been studied for antioxidant activity, and it contributes to the overall protective plant-compound profile that makes whole-orange preparations so valuable.

Citrus sinensis – Antioxidant Complex — Sweet oranges deliver a whole team of antioxidant compounds that work together rather than in isolation. Clinical studies using orange flavanone supplements have shown increased activity of the body's own protective enzymes and measurable reductions in markers of oxidative stress, supporting the idea that the whole fruit offers real, everyday benefits.

Citrus sinensis – Blood Pressure Support — Multiple well-designed clinical trials have found that hesperidin from *Citrus sinensis* produces modest but meaningful reductions in both systolic and diastolic blood pressure. Researchers also observed improvements in how well blood vessels function, suggesting that regular orange consumption may be a gentle, natural way to support healthy circulation.

Citrus sinensis – Blood Sugar Balance — A thorough review of twelve clinical trials found that hesperidin from sweet orange significantly reduced fasting blood glucose. One six-month study in people with early blood sugar concerns found that participants who received orange flavanones saw their glucose levels move back into a healthy normal range — a genuinely encouraging finding.

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