



NATURE'S SUNSHINE

Pink Grapefruit

GOOD FOR

Nervous System

Brain

SIZE **15 ml**

ITEM # **3846**

DIRECTIONS FOR USE Diffuse in a room to elevate mood. 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

Pink Grapefruit brings together a naturally rich blend of vitamins, plant pigments, and beneficial compounds found in real grapefruit fruit. Together they work to help your body stay balanced, energized, and feeling its best from the inside out.

Pink Grapefruit – Antioxidant Support — Grapefruit is loaded with vitamin C, beta-carotene, lycopene, and natural plant compounds like naringenin. Clinical studies show that eating grapefruit meaningfully raises the body's antioxidant activity in the blood and helps reduce markers of oxidative stress, giving your cells everyday protection.

Pink Grapefruit – Heart & Arterial Wellness — The natural compounds in grapefruit — including naringin and naringenin — have been shown in human dietary studies to help lower LDL cholesterol by 15–20% in people with elevated levels. This supports healthier arteries and a happier cardiovascular system over time.

Pink Grapefruit – Healthy Blood Pressure — A review of multiple clinical trials found that regular grapefruit consumption helped reduce systolic blood pressure by about 2.4 mmHg in overweight adults. Naringenin, one of grapefruit's key plant compounds, supports healthy blood vessel relaxation, which is great news for your heart.

Pink Grapefruit – Appetite & Weight Management — Grapefruit's natural fiber content and low calorie density make it a satisfying choice before meals. In a 12-week clinical study, participants who ate grapefruit regularly lost weight and showed healthier insulin levels — all without making other major changes to their diet.

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