



NATURE'S SUNSHINE

# Lemongrass

GOOD FOR

Nervous System

SIZE 15 ml

ITEM # 3870

**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

Lemongrass has been treasured for centuries as a soothing, refreshing herb — and modern research is catching up with tradition. This formula brings you the full goodness of lemongrass, supporting everything from a calm mind to a healthy mouth and comfortable circulation.

### **Lemongrass (Cymbopogon citratus) – Antioxidant Support —**

Your body deals with everyday oxidative stress from things like blood sugar swings and environmental exposures. Lemongrass is rich in polyphenols that have been shown in cell studies to help protect the body's own cells from that kind of damage — a great everyday defense for overall vitality.

### **Lemongrass (Cymbopogon citratus) – Calm & Relaxation —**

Feeling anxious before a stressful appointment? Studies using lemongrass essential oil aromatherapy — including a 2025 clinical trial with dental patients — found that simply breathing in its fresh, citrusy scent helped people feel calmer and supported healthier heart-rate and blood pressure readings during stressful moments.

### **Lemongrass (Cymbopogon citratus) – Fresh Breath & Oral**

**Wellness** — Lemongrass has shown real promise for oral health. Clinical research and a 2024 review found that lemongrass essential oil used as a mouthwash helped reduce bad breath by acting on the mouth bacteria that produce the odor-causing compounds. A naturally fresh approach to everyday oral care.

### **Lemongrass (Cymbopogon citratus) – Healthy Blood Pressure**

— Lemongrass tea has been studied in both healthy people and those with high blood pressure, with results showing it can help support healthy blood pressure levels. Its naturally occurring citral compound appears to help blood vessels relax and maintain comfortable, healthy circulation throughout the day.

### **Lemongrass (Cymbopogon citratus) – Circulatory Comfort —**

Good circulation is the foundation of whole-body wellness. Lemongrass supports the blood vessels' ability to stay relaxed and flexible, which in turn helps the heart do its job more easily. This makes lemongrass a wonderful daily companion for anyone who wants to take a proactive approach to cardiovascular comfort.

### **Lemongrass (Cymbopogon citratus) – Traditional Wellness**

**Herb** — Known in Sanskrit as 'Bhu-trna' — meaning earth grass — lemongrass has deep roots in traditional wellness practices across Asia, the Caribbean, and beyond. Generations of people have turned to this fragrant grass as a daily tonic, a soothing tea, and a natural remedy for general wellbeing and vitality.

### **Lemongrass (Cymbopogon citratus) – Polyphenol Richness —**

Lemongrass is naturally packed with plant polyphenols — the beneficial compounds found in many of the world's most celebrated health-supporting plants. These polyphenols contribute to lemongrass's broad wellness profile, helping the body maintain its natural defenses against everyday stressors at the cellular level.

### **Lemongrass (Cymbopogon citratus) – Hemodynamic Balance**

— In the 2025 clinical study with dental patients, lemongrass aromatherapy didn't just ease anxious feelings — it also supported healthier hemodynamic measures, meaning the participants' bodies showed physical signs of calm, including more balanced heart rate and blood pressure responses during a stressful procedure.

☎ (888) 510-7196    ✉ [service@caringsunshine.com](mailto:service@caringsunshine.com)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

**BUY THIS QUICKLY**  
Scan to shop this product

