



NATURE'S SUNSHINE

ESSENTIAL SHIELD

GOOD FOR

Immune System

Respiratory System

Nervous System

SIZE **15 ml**

ITEM # **3887**

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

Essential Shield brings together eleven time-honored plants — each chosen for the goodness it contributes to your body's natural defenses, comfort, and vitality. Together they form a warm, well-rounded formula that supports you from the inside out, every single day.

Orange — Oranges are one of nature's best-loved sources of vitamin C and plant compounds called polyphenols. Together these help your body fight everyday oxidative stress, support healthy blood pressure, and keep your arteries feeling their best — the kind of everyday nourishment your body genuinely appreciates.

Pine — Pine bark is packed with powerful plant antioxidants called proanthocyanidins that help protect your cells from daily wear and tear. Research shows pine bark extract also supports healthy arteries, helps ease joint stiffness and discomfort, and may even help calm respiratory irritation — a true all-rounder.

Clove — Clove ranks among the highest antioxidant foods on the planet. Its active compound, eugenol, helps neutralize harmful free radicals, supports comfortable joints by easing inflammation, and has shown real promise against the bacteria and fungi that can trouble your skin — all from one tiny, mighty spice.

Rosemary — Rosemary is rich in plant compounds like rosmarinic acid and carnosol that help shield your cells from oxidative damage. Clinical research shows rosemary may also help ease feelings of anxiety, support healthier blood pressure, and — in a recent gold-standard trial — meaningfully reduce joint pain and inflammation markers in people with arthritis.

Eucalyptus — The key active in eucalyptus, a compound called eucalyptol, has been studied in multiple clinical trials for its ability to calm airway inflammation and support easier breathing. Eucalyptus also brings antioxidant protection and has shown real analgesic and anti-inflammatory effects that are helpful for joint comfort and everyday aches.

Cinnamon — Cinnamon is one of the most antioxidant-rich spices you can find, and clinical studies confirm it helps raise your body's overall antioxidant capacity. Research also shows cinnamon can produce modest but meaningful reductions in blood pressure, and it has a long traditional history of supporting joint comfort and easing inflammation.

Lavender — Lavender is one of the most thoroughly studied botanicals for anxiety relief — an oral lavender preparation has been shown in multiple clinical trials to significantly ease feelings of worry and stress. Lavender also brings antioxidant activity and has demonstrated real relief from abdominal discomfort in well-designed studies.

Lemon — Lemon delivers a bright boost of vitamin C and flavonoids that work together to protect your cells from oxidative stress. Its vitamin C helps your body absorb iron more effectively, and its plant compounds have shown anti-inflammatory properties relevant to joint health — plus lemon aromatherapy has been studied for calming everyday anxiety.

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