



NATURE'S SUNSHINE

Hydrangea

Vegan

Kosher

Halal

Non-GMO

Gluten Free

GOOD FOR

Urinary System

Kidneys

Bladder

SIZE **100 Capsules**

ITEM # **395**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Hydrangea has been used in traditional herbal practice for centuries, and modern research is beginning to explore why. This formula draws on the naturally occurring compounds found in hydrangea root and related botanicals to help your body stay balanced, comfortable, and resilient day to day.

Hydrangea Root (Antioxidant Support) — Hydrangea root contains natural coumarin compounds — including skimmin and apiosylskimmin — that have shown antioxidant activity in animal and cell studies. These compounds helped reduce markers of oxidative stress, suggesting hydrangea root may help the body defend itself against everyday cellular wear and tear.

Hydrangea Root (Comfort and Inflammation) — Several naturally occurring compounds in hydrangea root, including skimmin, apiosylskimmin, loganin, and sweroside, have been studied for their ability to help calm the body's inflammatory response. Animal and lab studies found these compounds helped reduce common markers of inflammation, supporting everyday physical comfort.

Skimmin (Blood Sugar Balance) — Skimmin is one of the key active compounds found in Hydrangea paniculata. In a 2020 study published in *Frontiers in Pharmacology*, skimmin was shown to support healthier glucose metabolism and help ease insulin resistance in animal models fed a high-fat diet, pointing to a potential role in everyday blood sugar balance.

Skimmin (Antioxidant Activity) — Beyond its role in blood sugar support, skimmin also contributes to hydrangea's antioxidant profile. Studies in animals showed that hydrangea extracts containing skimmin helped lower oxidative stress markers in the body, which is important for long-term cellular health and overall vitality.

Apiosylskimmin — Apiosylskimmin is another coumarin glycoside naturally present in hydrangea root. Like skimmin, it has demonstrated antioxidant properties in laboratory and animal research, helping to reduce markers of oxidative stress. It works alongside other compounds in the root to support the body's natural defenses.

Loganin — Loganin is a naturally occurring compound found in hydrangea root that has been identified in studies for its role in helping to ease the body's inflammatory response. In animal and cell-based research, loganin contributed to reducing pro-inflammatory signals, making it one of several compounds that give hydrangea root its soothing properties.

Sweroside — Sweroside is another active constituent found in hydrangea root, studied alongside loganin and the coumarin compounds for its anti-inflammatory activity. Research suggests it helps reduce the infiltration of inflammatory cells in tissues, supporting the body's ability to maintain comfortable, balanced function on a daily basis.

Hydrangea paniculata — Native to Asia, Hydrangea paniculata is one of the most well-researched species in the hydrangea family. Its root has been studied for blood sugar support, antioxidant defense, and inflammation management. The skimmin content of this species in particular has drawn scientific interest for its wide-ranging effects on metabolic wellness.

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