



NATURE'S SUNSHINE

Detox Basics

GOOD FOR

Liver

Digestive System

Kidneys

SIZE **30 day**

ITEM # **3986**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take the contents of one packet (2 tablets, 4 capsules) before a meal, once daily.

— How the Key Ingredients Work

Detox Basics brings together a carefully chosen lineup of vitamins, botanicals, and gut-friendly nutrients that work together to support your body's natural cleansing pathways, antioxidant defenses, and everyday digestive comfort. Think of it as giving your body the building blocks it needs to keep things running smoothly from the inside out.

Milk Thistle — This beloved herb has been used for centuries to support liver health. Its active compound, silymarin, helps protect liver cells, encourages the body's own antioxidant activity, and has been studied in clinical trials for its role in supporting healthy blood sugar levels already in the normal range.

NAC (N-Acetyl Cysteine) — NAC is a building block your body uses to make glutathione — often called the master antioxidant. By helping replenish this critical defender, NAC supports your cells against everyday oxidative stress and helps keep your body's natural detox processes humming along.

Dandelion — That cheerful backyard weed is actually a nutritional powerhouse. Dandelion leaf and root are rich in antioxidant plant compounds and have been used traditionally to support healthy fluid balance and digestion. A human pilot study also noted a meaningful diuretic effect from dandelion leaf extract.

Berberine — Sourced from plants like barberry and goldenseal, berberine is a bright-yellow botanical compound with a long history in traditional herbal medicine. Research shows it supports healthy antioxidant enzyme activity, helps ease occasional abdominal discomfort, and has been studied for its role in maintaining healthy blood sugar levels already within a normal range.

Turmeric — Turmeric's golden color comes from curcumin, a polyphenol that has been studied in dozens of clinical trials. It measurably raises the body's total antioxidant capacity and has shown real results for easing occasional digestive discomfort and heartburn in research settings — making it a true all-rounder for gut and cellular wellness.

Bacillus Coagulans — This friendly, spore-forming probiotic is unusually tough — it survives the journey through your stomach acid to reach your gut where it's needed most. Studies show it helps ease occasional abdominal discomfort and supports a balanced gut environment, which in turn benefits digestion, immune function, and even mood.

Inulin — Inulin is a plant-based prebiotic fiber — essentially food for the beneficial bacteria already living in your gut. By feeding those good microbes, inulin helps support a healthier gut environment, encourages comfortable digestion, and research shows it can also help the body absorb calcium more efficiently.

Vitamin C — Your body can't make vitamin C on its own, so getting enough every day really matters. This water-soluble antioxidant supports immune function, helps the body absorb iron from food, plays a key role in building and repairing connective tissue, and is heavily concentrated in the adrenal glands where it supports your body's everyday stress response.

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