



NATURE'S SUNSHINE

Juniper Berries

GOOD FOR

Urinary System

Kidneys

Bladder

SIZE **100 Capsules**

ITEM # **400**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

This thoughtfully crafted formula brings together time-honored botanicals to help your body maintain healthy fluid balance, support your urinary tract, and keep your kidneys and bladder feeling their best. Each ingredient has been chosen for its traditional use and research-backed role in everyday wellness.

Juniper Berries — One of the most celebrated herbs in European traditional medicine, juniper berries have been used for centuries to help the body flush excess fluid and support a healthy urinary tract. Recognized by Germany's Commission E and the European Medicines Agency, they're a trusted go-to for everyday bladder and kidney comfort.

Juniper Berries – Urinary Tract Support — Juniper berries appear in EMA-approved traditional herbal tea blends specifically for minor urinary tract complaints. Traditionally, they've been used to help increase urine flow and gently rinse the urinary tract, making them a cornerstone herb for anyone looking to keep their urinary system feeling clean and comfortable.

Juniper Berries – Fluid Balance — Feeling a little puffy or waterlogged? Juniper berries have a long history of use across European herbal traditions as a natural way to help the body release excess fluid. A naturally occurring compound in the berry's essential oil is thought to help boost urine volume without significantly disturbing the body's mineral balance.

Juniper Berries – Bladder Wellness — Traditional herbalists across Europe have long turned to juniper berries for bladder discomfort, including occasional irritation of the bladder and urinary passages. Germany's Commission E recognized juniper berry preparations as a supportive option for lower urinary tract conditions, lending centuries of traditional wisdom some modern credibility.

Juniper Berries – Kidney Support — From European apothecaries to North American and Middle Eastern folk healers, juniper berries have been a trusted remedy for kidney and urinary complaints for hundreds of years. Both ESCOP and the German Commission E note their diuretic properties, supporting the kidneys' natural role in filtering and flushing the body.

Asparagus — Long before it became a dinner-table staple, asparagus was prized as a medicinal plant in Europe and Asia. As a supplement ingredient, it brings a rich array of naturally occurring plant compounds — including flavonoids and polyphenols — that help the body defend itself against everyday oxidative stress and support overall vitality.

Asparagus – Antioxidant Defense — Asparagus is packed with plant-based antioxidants like quercetin, rutin, and kaempferol — compounds that help neutralize the unstable molecules that can wear on your cells over time. Research has documented asparagus's ability to support the body's own built-in antioxidant defenses, making it a valuable ally for long-term wellness.

Asparagus – Fluid & Blood Pressure Balance — Asparagus contains asparagine, a naturally occurring compound that has traditionally been associated with gentle diuretic activity, as well as potassium, which plays a key role in healthy fluid balance. Animal studies and a small human clinical trial suggest asparagus may also support healthy blood pressure levels already within the normal range.

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