



NATURE'S SUNSHINE

Milk Thistle Combination

Kosher

Halal

Organic

GOOD FOR

Liver

Digestive System

Immune System

SIZE **90 Tablets**ITEM # **4076**SERVING **2**SUPPLY **22 days**

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

— How the Key Ingredients Work

Milk Thistle Combination brings together time-honored herbs and essential nutrients that work as a team — supporting your liver, feeding your cells with antioxidants, and helping your body stay balanced from the inside out.

Milk Thistle — The star of this formula, milk thistle has been trusted for centuries to support liver health. Its active compounds help protect liver cells from everyday stress, support healthy blood sugar levels already in the normal range, and bring antioxidant backup to keep your body's defenses running strong.

Silymarin — Silymarin is the powerful plant complex pulled from milk thistle seeds that does much of the heavy lifting. It helps neutralize harmful free radicals, supports the body's own antioxidant production, and has been studied in multiple clinical trials for its role in maintaining healthy blood sugar levels and supporting clear, balanced skin.

Dandelion — Don't let the humble backyard reputation fool you — dandelion is a nutritional powerhouse. Rich in plant-based antioxidants like luteolin and chlorogenic acid, it has been used traditionally to support digestion and fluid balance. It's also a natural source of potassium, which supports healthy vascular function, and early research points to benefits for blood sugar and cholesterol balance.

NAC (N-Acetyl Cysteine) — NAC is your body's behind-the-scenes helper for building glutathione — often called the master antioxidant. By topping up glutathione levels, NAC helps your cells defend themselves against oxidative stress. It also directly neutralizes harmful free radicals and has been studied for its role in supporting skin clarity and overall antioxidant defense.

Vitamin C — Vitamin C is one of the body's most versatile nutrients. As a water-soluble antioxidant, it helps shield cells from everyday wear and tear. It also plays a key role in helping your body absorb iron from food, supports the adrenal glands during times of stress, and is essential for the collagen your body uses to maintain healthy tissue and support healing.

Vitamin A — Vitamin A is a fat-soluble nutrient that works as a chain-breaking antioxidant inside cell membranes, helping to protect them from damage. It also supports healthy iron use in the body and plays a well-documented role in skin health. Research shows that getting enough vitamin A is linked to better bone density outcomes in adults.

Choline — Choline is an essential nutrient that most people don't get enough of from diet alone. It serves as a building block for acetylcholine — the brain chemical tied to memory, focus, and clear thinking. Higher choline intake is associated with better cognitive performance, and it's especially important during periods of high physical activity when levels can dip significantly.

Inositol — Inositol plays a quiet but important role in how your body responds to insulin, making it a key player in healthy blood sugar balance. Research also shows it may help support healthy blood pressure levels already in the normal range. Beyond metabolism, inositol acts as a messenger for several brain chemicals, and clinical studies have explored its role in supporting a calm, balanced mood.

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