



NATURE'S SUNSHINE

Nopal

GOOD FOR

Endocrine System

Digestive System

Pancreas

SIZE **100 Capsules**

ITEM # **475**

SERVING **1**

SUPPLY **100 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

Nopal cactus has been treasured for centuries as a whole-food source of fiber, antioxidants, and plant nutrients that work together to support digestion, healthy weight, and overall vitality. This remarkable desert plant brings a broad spectrum of natural goodness to your daily routine in one simple supplement.

Nopal Fiber (Soluble & Insoluble) — Nopal pads are loaded with both soluble and insoluble fiber, and that combination is really the heart of what makes this plant so special. The fiber helps slow digestion, supports a comfortable, well-functioning gut, and has been shown in research to meaningfully ease common digestive complaints like bloating and irregular bowel habits.

Nopal for Digestive Comfort — In a double-blind clinical study, people taking nopal fiber daily reported significant improvements in overall digestive comfort and symptom scores compared to those taking a placebo. If your stomach tends to feel uneasy or unsettled, nopal's natural fiber blend may help bring things back into balance and keep your gut feeling its best.

Nopal Polyphenols — Nopal cladodes — the flat green pads of the cactus — are naturally rich in polyphenols, which are plant compounds that help protect your body's cells from everyday oxidative stress. Human studies have shown that nopal extract can actually raise the antioxidant capacity measured in the bloodstream, meaning your body gets real, measurable support.

Betalains — Betalains are the vivid pigments that give nopal its striking color, and they do much more than look pretty. These plant pigments are recognized as potent antioxidants that contribute to nopal's ability to support the body's natural defenses. Research links betalains to the blood-pressure and antioxidant benefits observed in human and animal studies of nopal supplementation.

Carotenoids — Nopal cladodes contain carotenoids, the same family of protective plant pigments found in carrots and leafy greens. Carotenoids are well known for their role in supporting antioxidant defense throughout the body. Their presence in nopal adds another layer of natural protection, helping round out the plant's impressive nutrient profile.

Ascorbic Acid (Vitamin C) — Nopal is a natural source of ascorbic acid — better known as vitamin C — one of the body's most important everyday antioxidants. Vitamin C helps protect cells, supports the immune system, and works alongside the other antioxidants in nopal to help your body handle the oxidative wear and tear of daily life.

Vitamin E — Alongside vitamin C, nopal cladodes also provide vitamin E, another well-established fat-soluble antioxidant. Vitamin E works in a complementary way to vitamin C, helping to protect cell membranes from oxidative damage. Together, these two vitamins strengthen nopal's overall antioxidant profile and support long-term cellular health.

Nopal for Appetite & Satiety — Because nopal fiber slows the rate at which food leaves your stomach, it naturally helps you feel fuller for longer after eating. A double-blind crossover trial found that people who took nopal extract before a meal experienced significantly reduced appetite compared to those who took a placebo — a meaningful benefit for anyone working toward healthy weight management.

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