



NATURE'S SUNSHINE

Parsley

GOOD FOR

Urinary System

Kidneys

Bladder

SIZE **100 Capsules**

ITEM # **490**

SERVING **2**

SUPPLY **25 days**

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

— How the Key Ingredients Work

Parsley is far more than a garnish — this time-honored Mediterranean herb is packed with natural compounds that help your body stay balanced and resilient. From supporting healthy blood pressure to acting as a powerful antioxidant, parsley works quietly behind the scenes to keep key body systems humming along.

Parsley – Antioxidant Defense — Parsley is one of nature's richest herbal sources of protective plant compounds, including flavonoids and carotenoids. These naturally occurring substances are well-known free-radical fighters, and studies show that parsley extracts can meaningfully raise the body's overall antioxidant capacity, helping shield cells from everyday oxidative stress.

Parsley – Blood Pressure Support — Animal and lab studies consistently show that parsley extract helps relax blood vessels and supports healthy blood pressure levels. The key player here is apigenin, a natural flavone found in abundance in parsley. Traditional herbal practice in Morocco has long turned to parsley specifically for this kind of circulatory support.

Parsley – Arterial Health — Parsley contains folate, a B-vitamin that helps keep homocysteine levels in check — because when homocysteine builds up, it can be rough on artery walls. On top of that, parsley's apigenin has shown real promise in preclinical research for reducing the kind of oxidation and vascular inflammation that can affect long-term arterial wellness.

Parsley – Healthy Circulation & Blood Clotting Balance — Research in both lab and animal settings shows that parsley extracts can help support healthy platelet behavior — meaning they may help keep blood flowing smoothly without unnecessary clumping. Apigenin is the standout compound here, with documented anti-aggregatory and anticoagulant properties. Traditional herbalists have also long used parsley as a natural circulatory tonic.

Parsley – Flavonoid Richness (Apigenin & Luteolin) — Among parsley's most celebrated attributes is its exceptional concentration of flavonoids, especially apigenin and luteolin. These compounds show up again and again in research as key drivers of parsley's antioxidant, cardiovascular, and anti-inflammatory activity. Getting a meaningful dose of these flavonoids is one of the main reasons parsley has earned its place in herbal wellness traditions worldwide.

Parsley – Quercetin & Kaempferol Content — Beyond apigenin and luteolin, parsley also delivers quercetin and kaempferol — two more well-studied flavonoids with strong free-radical-scavenging reputations. Together with parsley's other plant compounds, these flavonoids contribute to the herb's broad antioxidant profile, helping the body maintain a healthy defense against oxidative wear and tear over time.

Parsley – Carotenoid Support (Lutein, Zeaxanthin & Beta-Carotene) — Parsley is a surprisingly rich source of carotenoids, including lutein, zeaxanthin, and beta-carotene. These pigment compounds are recognized free-radical scavengers that contribute to parsley's impressive total antioxidant capacity. In vitro and animal studies confirm that these carotenoids play a meaningful role in the herb's overall protective activity.

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