



NATURE'S SUNSHINE

Heavy Metal Detox

GOOD FOR

Digestive System

Liver

Colon (Large Intestine)

SIZE **90 Capsules**

ITEM # **507**

SERVING **1**

SUPPLY **45 days**

DIRECTIONS FOR USE Take one vegcap twice daily with a meal. Do not exceed recommended dose. If symptoms of headache, nausea, or diarrhea develop, discontinue use and consult your healthcare practitioner.

— How the Key Ingredients Work

Heavy Metal Detox brings together a carefully chosen blend of nutrients, amino acids, and plant-based ingredients that work together to help your body clear out unwanted buildup, shield your cells from everyday stress, and keep your energy and vitality on track. Think of it as a full-team effort — each ingredient plays its own important role so your body gets well-rounded support from every angle.

Chlorella — This tiny green algae is one of nature's most talked-about cleansing foods. Chlorella has been studied for its ability to help the body manage exposure to heavy metals, and research in humans shows it can also raise the body's own antioxidant defenses — including key protective enzymes — while supporting healthy red blood cell levels, especially in women during pregnancy.

L-Methionine — L-Methionine is a sulfur-containing essential amino acid your body can't make on its own. It plays a starring role in helping the liver process and clear out toxins — including heavy metals like lead and mercury — through sulfur-based pathways. It also helps your body produce glutathione, often called the master antioxidant, which is your cells' first line of defense against oxidative stress.

Vitamin B6 — Vitamin B6 is a hardworking water-soluble vitamin involved in over a hundred processes in the body. It helps support the production of feel-good brain chemicals like serotonin, dopamine, and GABA, which means it plays a real role in mood, calm, and mental clarity. Research also links higher B6 intake to lower feelings of anxiety, making it a meaningful addition to any daily wellness routine.

Copper — Copper is an essential trace mineral that quietly does a lot of heavy lifting. It helps your body absorb iron properly and supports healthy red blood cell formation. It's also a key building block for one of your body's most important antioxidant enzymes, helping neutralize harmful free radicals. On top of that, copper helps keep connective tissue — including the walls of your arteries and your bones — strong and flexible.

Anthocyanins — Anthocyanins are the natural pigments that give blueberries, elderberries, and red cabbage their rich, deep colors — and they bring serious wellness benefits along with that color. Human clinical studies show they help protect cells from oxidative damage, support healthy blood flow, improve circulation, and even help ease eye fatigue from too much screen time. They also help activate the body's own built-in antioxidant systems.

Superoxide Dismutase (Dismutase) — Superoxide dismutase — or SOD — is one of the body's most powerful natural defenders against oxidative stress. It works by neutralizing a particularly harmful type of free radical that forms as a normal byproduct of breathing and metabolism. By helping to keep these reactive molecules in check, SOD helps protect your DNA, proteins, and cell membranes from everyday wear and tear.

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