



NATURE'S SUNSHINE

Rose Hips

Kosher

Non-GMO

GOOD FOR

Immune System

Connective Tissue

SIZE **100 Capsules**

ITEM # **580**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Rose hips — the small, ruby-red fruits left behind after a rose blooms — have been treasured for centuries as one of nature's most nutrient-rich foods. Packed with vitamin C, protective plant pigments, and natural anti-inflammatory compounds, they work together to help your body stay strong, comfortable, and resilient from the inside out.

Rose Hips (Rosa canina) — Vitamin C — Rose hips are one of the richest natural sources of vitamin C on the planet, delivering up to 1,300 mg per 100 g — far more than an orange. Vitamin C is your body's go-to nutrient for supporting a healthy immune system, helping skin stay firm and youthful, and keeping everyday energy levels up.

Rose Hips — Antioxidant Polyphenols — Rose hips are loaded with natural plant compounds called polyphenols that act like a cleanup crew inside your body, helping to neutralize the everyday oxidative stress that can wear cells down over time. Studies rank rose hip extract among the highest antioxidant activities measured in any tested fruit, making it a true standout in the plant world.

Rose Hips — Carotenoids (Lycopene & Beta-Carotene) — The deep red-orange color of rose hips comes from carotenoids like lycopene and beta-carotene — the same family of pigments found in tomatoes and carrots. These natural colorants double as powerful antioxidants, helping to protect your cells from daily wear and supporting healthy skin, eyes, and overall vitality.

Rose Hips — Flavonoids — Flavonoids are a broad family of plant nutrients found generously in rose hips. They work hand in hand with vitamin C and other antioxidants to give rose hips their impressive protective qualities. Together, these compounds help the body manage everyday inflammation and support the kind of cellular health that keeps you feeling your best long-term.

Rose Hips — Tocopherols (Natural Vitamin E) — Rose hips also contain tocopherols — the natural form of vitamin E — which complement the vitamin C and carotenoids already present. Vitamin E is a fat-soluble antioxidant that helps protect cell membranes from oxidative damage, supporting healthy skin, immune function, and overall cellular resilience as part of rose hips' well-rounded nutrient profile.

Rose Hips — Joint Comfort Support — One of the most exciting areas of rose hip research is joint health. A 2008 analysis combining three well-designed clinical trials found that people taking standardized rose hip powder were twice as likely to experience meaningful relief compared to those on placebo, with participants also reporting reduced stiffness and improved ability to move comfortably day to day.

Rose Hips — Natural Anti-Inflammatory Action — Rose hips contain a unique blend of natural compounds that help the body keep everyday inflammation in check. In the clinical trials reviewed for joint health, rose hip powder was shown to reduce pain scores and stiffness — effects researchers attributed to the fruit's naturally occurring anti-inflammatory plant constituents working together rather than any single isolated compound.

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