



NATURE'S SUNSHINE

Bayberry

GOOD FOR

Immune System

Female Reproductive System

Liver

SIZE **100 Capsules**

ITEM # **60**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Bayberry is a remarkable botanical with a long history of use in both traditional herbal medicine and modern wellness practice. Packed with naturally occurring plant compounds, it works to help your body defend itself, stay balanced, and feel its best from the inside out.

Bayberry & Antioxidant Defense — Your body faces daily stress from the environment, food, and everyday life — and antioxidants are your first line of defense. Bayberry is naturally rich in plant compounds that have been shown in research, including a human study, to help support healthy antioxidant levels in the blood, giving your cells a layer of everyday protection.

Bayberry & Inflammation Balance — Keeping inflammation in check is one of the most important things you can do for long-term wellness. In a small human clinical trial, bayberry juice helped support healthy inflammation markers in participants. This points to bayberry's potential role in helping the body maintain a comfortable, balanced inflammatory response day to day.

Bayberry & Liver Wellness — Your liver works hard every single day filtering what you eat, drink, and breathe. Research from a small human study found that bayberry juice helped support healthy markers of liver stress and oxidative balance in participants over a four-week period, suggesting it may be a helpful ally for those looking to give their liver a little extra care.

Bayberry's Natural Plant Compounds — Bayberry owes much of its wellness potential to the rich variety of naturally occurring compounds found throughout the plant — including colorful pigments, flavonoids, and polyphenols. These plant-based substances work together to support the body's own defense systems, contributing to bayberry's reputation as a well-rounded herbal supplement.

Bayberry & Oxidative Stress — Oxidative stress happens when the body's defenses can't quite keep up with daily wear and tear. The plant compounds in bayberry have been studied for their ability to help neutralize harmful free radicals, supporting the body's natural ability to manage oxidative stress and maintain healthy cells over time.

Bayberry in Traditional Herbal Practice — Long before modern research, bayberry was a trusted herb in both North American folk medicine and Traditional Chinese Medicine. Herbalists historically reached for it to support respiratory comfort, chest wellness, and overall vitality. While these traditional uses are not backed by clinical studies, they reflect centuries of real-world herbal wisdom.

Bayberry & Respiratory Comfort (Traditional) — In traditional North American herbal practice, bayberry was a key ingredient in classic herbal blends used to support breathing and chest comfort. It appeared in what herbalists called 'composition powder,' a go-to remedy for respiratory complaints. This traditional use highlights bayberry's long-standing role as a supportive herb for the respiratory system.

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