



NATURE'S SUNSHINE

Sage

Organic

Non-GMO

GOOD FOR

Immune System

Digestive System

SIZE **100 Capsules**

ITEM # **610**

SERVING **1**

SUPPLY **50 days**

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

— How the Key Ingredients Work

Sage is one of nature's most time-honored herbs, used for centuries to support everyday wellness from the inside out. This single-herb formula draws on the full goodness of *Salvia officinalis* to help your body stay balanced, comfortable, and resilient day after day.

Sage – Antioxidant Support — Every day your body faces stress from the environment, food, and daily life. Sage has been shown in a human study to help your body's own built-in defenses work better — supporting the natural processes that protect your cells and keep them feeling their best over time.

Sage – Calm & Relaxed Mood — Feeling on edge before a big moment? In a double-blind clinical trial, people who took sage reported feeling calmer and less anxious before and after a stressful situation. Sage may help take the edge off everyday stress and support a more settled, comfortable state of mind.

Sage – Blood Sugar Balance — Keeping blood sugar on an even keel is one of the most important things you can do for long-term wellness. Multiple clinical studies — and a 2022 review of the combined research — found that sage leaf extract helped support healthy blood sugar levels, including both fasting and after-meal readings.

Sage – Freshness & Sweat Control — Sage has a long tradition in European herbal medicine for helping with excessive sweating, and German health authorities have formally recognized this use. Clinical trials with oral sage — as tea, liquid extract, and tablets — support its role in helping you feel fresher and more comfortable throughout the day.

Sage – Traditional Herbal Heritage — The name 'Salvia' comes from the Latin word meaning 'to save,' a nod to how highly this plant was valued throughout history. For generations, sage has been kept in herbal storerooms and home gardens alike as a go-to plant for everyday health and vitality — a tradition backed by modern research.

Sage – Everyday Resilience — Sage is a perennial evergreen herb that thrives through all seasons, and in many ways it supports your body the same way — helping you stay steady through the ups and downs of daily life. Its broad range of studied benefits makes it a well-rounded addition to any natural wellness routine.

Sage – Cellular Wellness — A human pilot trial found that drinking sage tea raised the activity of key protective enzymes inside red blood cells, as well as a protective protein in immune cells. This suggests sage may help your body maintain healthy, well-functioning cells from the inside out.

Sage – Free Radical Defense — Lab studies show sage extracts are highly effective at neutralizing free radicals — the unstable molecules that can build up from stress, pollution, and everyday metabolism. Supporting your body's ability to handle these is a cornerstone of long-term health and vitality.

Sage – Mood & Mental Comfort — Beyond just calming nerves, the clinical research on sage found improvements in overall mood, including a greater sense of calm and wellbeing. Whether you're navigating a busy week or a particularly stressful day, sage may help you feel more like yourself.

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