



NATURE'S SUNSHINE

Eleuthero

GOOD FOR

Adrenals

Nervous System

Endocrine System

SIZE **100 Capsules**

ITEM # **660**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

Eleuthero is a time-honored root used for centuries in Russian and Chinese traditional medicine to help the body handle everyday stress, maintain steady energy, and support overall vitality. This adaptogenic herb works gently but broadly, lending a helping hand to several key areas of wellness at once.

Eleuthero – Stress & Adrenal Support — When life gets demanding, your body's stress response can wear you down. Eleuthero has a long history of use for combating fatigue and stress, and research suggests it helps support healthy cortisol levels during stressful periods, promotes stamina, and encourages mental endurance so you can keep going when it counts.

Eleuthero – Energy & Fatigue Relief — Feeling run-down is one of the most common reasons people have turned to Eleuthero for generations. Traditional use across Russian and Chinese medicine highlights its role in fighting tiredness and building lasting physical endurance — not a jittery caffeine boost, but a steadier, more sustainable kind of energy support.

Eleuthero – Antioxidant Protection — Every day your body faces oxidative stress from the environment, diet, and normal metabolism. Eleuthero contains natural plant compounds — phenolics and flavonoids — that have been shown in research to help neutralize harmful free radicals. Animal studies also suggest it may encourage the body's own built-in antioxidant defenses to work more effectively.

Eleuthero – Blood Sugar Balance — Keeping blood sugar on an even keel matters for daily energy and long-term wellness. Human research using 480 mg per day of Eleuthero extract found encouraging results for fasting and after-meal blood glucose levels, as well as HbA1c markers. Preclinical studies point to specific compounds in the root as key players in supporting healthy glucose metabolism.

Eleuthero – Bone & Skeletal Wellness — Healthy bones need ongoing support, especially as we age. Early-stage research — including laboratory and animal studies — suggests that preparations containing Eleuthero may help protect bone tissue by supporting a healthy balance between bone-building and bone-breakdown activity. While more human research is needed, these findings are a promising sign for skeletal health.

Eleuthero – HPA Axis & Hormonal Balance — The body's stress-response system — sometimes called the HPA axis — governs how we react to pressure and recover afterward. Eleuthero has been studied for its ability to help modulate this system, supporting a more balanced hormonal response to everyday challenges and helping the body return to a calmer state more readily.

Eleuthero – Mental Clarity & Endurance — Brain fog and mental fatigue are real obstacles to a productive day. Eleuthero's traditional reputation as a tonic for the mind is backed by research showing it may support mental endurance — helping you stay focused and sharp even during prolonged periods of stress or demanding cognitive work.

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