



NATURE'S SUNSHINE

Wild Yam

GOOD FOR

Female Reproductive System

Endocrine System

Ovaries

SIZE **100 Capsules**

ITEM # **745**

SERVING **1-2**

SUPPLY **25-50 days**

DIRECTIONS FOR USE Take 1-2 capsules with a meal twice daily.

— How the Key Ingredients Work

This formula brings together Wild Yam and Calcium — two time-honored natural ingredients — to help your body stay balanced and feeling its best. Together they work to support your bones, your body's natural defenses, and overall day-to-day wellness.

Wild Yam — Wild Yam has been used for centuries as a traditional herbal remedy and is still valued today for the natural compounds it contains. Research suggests it may help support the body's antioxidant defenses, and it has long been associated with comfort and balance in everyday wellness routines.

Wild Yam – Antioxidant Support — A clinical study found that adults who took a Dioscorea extract showed signs of antioxidant activity, meaning the body's natural ability to protect itself from everyday cellular stress may get a helpful boost. This is one of the most well-supported areas of wild yam research.

Wild Yam – Healthy Cholesterol Levels — Animal studies suggest that natural compounds in wild yam may help support healthy cholesterol balance, including encouraging higher levels of HDL — often called 'good' cholesterol. A small human study also found a positive shift in HDL levels in older adults who supplemented with wild yam extract.

Wild Yam – Blood Sugar Balance — Early research, including animal studies, points to certain natural compounds in wild yam that may help the body maintain healthy blood sugar levels. While more human research is needed, these findings highlight wild yam's potential role in supporting metabolic balance as part of a healthy lifestyle.

Wild Yam – Comfort and Inflammation Support — Natural compounds found in wild yam have been studied in preclinical research for their ability to help the body manage its normal inflammatory response. Animal studies have confirmed that wild yam may help support comfort and ease, making it a popular choice in traditional herbal wellness practices.

Wild Yam – Traditional Herbal Heritage — Known by many names — including colic root, rheumatism root, and devil's bones — wild yam has a rich history of traditional use across North America and beyond. Its long track record in herbal traditions speaks to how deeply it has been trusted as a natural wellness ally for generations.

Wild Yam – Natural Plant Compounds — Wild yam contains a variety of naturally occurring plant compounds that researchers have been studying for their potential health benefits. These compounds are found in the root and tuber of the plant, and they are what give wild yam its unique place in both traditional herbalism and modern supplement science.

Calcium — Calcium is the most abundant mineral in the human body, and for good reason — it is the primary building block of your bones and teeth. Getting enough calcium every day is one of the most important things you can do to keep your skeleton strong and your body functioning well at every stage of life.

Calcium – Bone Density and Strength — Multiple large-scale studies confirm that calcium supplementation can meaningfully support bone mineral density, especially when combined with vitamin D. This is particularly important for people under 35 who are still building their peak bone mass, as well as older adults who want to maintain the strong bones they already have.

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