



NATURE'S SUNSHINE

Yarrow

GOOD FOR

Digestive System

Connective Tissue

Respiratory System

SIZE **100 Capsules**ITEM # **750**SERVING **1**SUPPLY **50 days**

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

— How the Key Ingredients Work

Yarrow has been trusted for centuries as one of nature's most versatile botanicals, and modern research is catching up with what traditional herbalists always knew. This time-honored flowering herb brings together a rich blend of natural plant compounds that work together to support your digestion, your body's natural defenses, and your overall sense of calm.

Yarrow – Digestive Comfort — Yarrow has earned official recognition from European herbal authorities for helping ease mild stomach discomfort and digestive upset. It helps relax the muscles of the digestive tract so things move more smoothly, making it a go-to herb when your stomach feels tight, crampy, or just off.

Yarrow – Appetite Support — Feeling like your appetite has gone missing? Yarrow's natural bitter compounds and plant nutrients have been recognized by European health authorities for helping encourage healthy appetite and supporting the digestive juices your body needs to get meals started on the right foot.

Yarrow – Antioxidant Defense — Yarrow is loaded with natural plant compounds — including flavonoids and phenolic acids — that researchers consistently describe as powerful antioxidants. These compounds help your body stand up to everyday oxidative stress, supporting your cells and tissues so they can keep doing their jobs well.

Yarrow – Calming Support — Traditional herbal use in Brazil and beyond has long turned to yarrow tea and infusions as a natural way to encourage a sense of calm and ease. Animal research supports this traditional wisdom, suggesting yarrow may help the body find its way to a more relaxed, settled state.

Yarrow – Flavonoid Richness (Apigenin & Luteolin) — Among yarrow's most celebrated natural compounds are apigenin and luteolin — two flavonoids found in abundance in this plant. These gentle but effective plant nutrients contribute to yarrow's antioxidant strength and help support the body's natural ability to maintain balance and comfort throughout the day.

Yarrow – Phenolic Acids (Caffeic & Chlorogenic Acid) — Yarrow is a natural source of caffeic acid and chlorogenic acid, two well-studied plant compounds known for their antioxidant properties. These phenolic acids work alongside yarrow's flavonoids to give the herb its broad-spectrum ability to help protect the body from everyday environmental and cellular stress.

Yarrow – Rutin Content — Rutin is a naturally occurring flavonoid found in yarrow that contributes to the plant's overall antioxidant profile. It works as part of yarrow's rich team of plant nutrients, helping round out the herb's ability to support healthy cells and a body that feels its best from the inside out.

Yarrow – Essential Oil Components — The aromatic essential oils naturally present in yarrow aren't just pleasant — they're part of what makes this herb so special. Research shows these volatile compounds contribute to yarrow's antioxidant activity, adding another layer of natural support to an already impressive botanical profile.

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