



NATURE'S SUNSHINE

Yellow Dock

GOOD FOR

Digestive System

Colon (Large Intestine)

Liver

SIZE **100 Capsules**

ITEM # **760**

SERVING **2**

SUPPLY **25 days**

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

— How the Key Ingredients Work

Yellow Dock brings together the cleansing and supportive power of time-honored botanicals to help your digestive system, liver, colon, and urinary tract all work a little more smoothly. Think of it as a gentle, head-to-toe refresh that helps your body do what it does best.

Yellow Root — Digestive Comfort — Yellow Root has a long history of traditional use for digestive support. It may help keep things moving comfortably and ease occasional digestive sluggishness, making it a natural fit in a formula designed to support healthy, regular digestion and overall gut comfort.

Yellow Root — Liver Support — Your liver works hard every day filtering what your body doesn't need. Yellow Root has been traditionally used to support liver health, and its active compounds have shown antioxidant activity that may help protect liver cells from everyday oxidative stress, giving your liver a little extra backup.

Yellow Root — Colon Cleanse Support — A healthy colon is key to feeling your best. Yellow Root has traditionally been used as part of cleansing routines, helping to support the colon's natural ability to clear waste and keep the digestive tract running smoothly — a gentle nudge toward a cleaner, more comfortable system.

Yellow Root — Urinary Tract Wellness — Yellow Root has a history of traditional use in supporting urinary health. By helping the body's natural cleansing processes along, it may contribute to a healthier urinary tract environment, supporting the system that helps flush out what your body no longer needs.

Yellow Root — Whole Body Cleanse — True whole-body cleansing starts at the cellular level. Yellow Root contains berberine and other plant compounds that have shown antioxidant activity in research, helping to neutralize free radicals and reduce oxidative stress so your body's natural detox systems can work more efficiently.

Yellow Root — Antioxidant Defense — Yellow Root is naturally rich in berberine, plant phenolics, and flavonoids — compounds that research has linked to meaningful antioxidant activity. These natural defenders help your body fight back against everyday oxidative stress, supporting your cells and keeping your internal environment in better balance.

Yellow Root — Blood Sugar Balance — Research on berberine, the key active compound in Yellow Root, is impressive. Multiple well-designed studies have found that berberine supports healthy blood sugar levels, including fasting glucose and after-meal glucose readings — making Yellow Root a meaningful addition to a balanced wellness routine.

Yellow Root — Healthy Inflammation Response — Berberine from Yellow Root has been studied in human trials for its role in supporting a balanced inflammation response. Research, including a review of multiple controlled studies, found that berberine was associated with reductions in key markers tied to everyday inflammatory activity in the body.

Yellow Root — Blood Pressure Support — Yellow Root contains berberine, a compound that has been explored in clinical settings for its potential to support healthy blood pressure levels. While research is still developing, early controlled trials have reported encouraging results for both systolic and diastolic readings in study participants.

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