



NATURE'S SUNSHINE

Seasonal Allergy (Formerly ALJ)

GOOD FOR

Respiratory System

Immune System

Lungs

SIZE **100 Vegicaps**

ITEM # **774**

SERVING **2-4**

SUPPLY **8-16 days**

DIRECTIONS FOR USE Take 2-4 vegicaps with a meal three times daily.

— How the Key Ingredients Work

Seasonal Allergy brings together five time-honored herbs chosen to help your body handle seasonal challenges with greater ease. Each ingredient plays its own supporting role — from soothing irritated airways to helping your immune system stay balanced and ready.

Boneset — A beloved North American herb with centuries of use for colds, flu, and general immune support. Research suggests it may help the body's immune cells respond more actively, while also offering calming properties that may ease the discomfort that comes with seasonal immune challenges. Traditionally called 'feverwort' for good reason.

Fennel — Fennel seed brings gentle digestive comfort to the formula — helping ease bloating, cramping, and that uncomfortable full feeling that can tag along with seasonal stress. Rich in natural antioxidants, fennel also helps the body defend itself against everyday oxidative wear, making it a quietly powerful all-around supporter.

Fenugreek — This Mediterranean seed is packed with a special soluble fiber that coats and soothes the digestive lining, helping reduce bloating and abdominal discomfort. Fenugreek also delivers a broad range of natural antioxidant compounds that support the body's own defenses — a gentle but well-rounded addition to any wellness formula.

Horseradish — Horseradish root is far more than a condiment. It's naturally rich in antioxidants and contains active plant compounds that travel through the respiratory and urinary tracts as the body processes them. Traditionally used to support clear breathing and healthy airways, horseradish brings a warming, invigorating energy to this seasonal support blend.

Mullein — Mullein leaf has been a go-to respiratory herb in European and American folk medicine for hundreds of years. Its natural mucilage gently coats and soothes irritated airways, while its plant compounds have shown anti-inflammatory activity in laboratory studies. Whether you're dealing with a nagging cough or just want to keep your lungs feeling clear and comfortable, mullein is a trusted ally.

 (888) 510-7196  service@caringsunshine.com

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