



NATURE'S SUNSHINE

BP-X

Non-GMO

GOOD FOR

Blood

Cardiovascular system

Kidneys

SIZE **100 Capsules**

ITEM # **803**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take two VegCaps with a meal twice daily.

— How the Key Ingredients Work

BP-X brings together ten time-honored roots, barks, and botanicals that have been used for generations to support the body's natural cleansing pathways, healthy circulation, and everyday balance. Each ingredient plays its own role, and together they form a well-rounded formula designed to help you feel your best from the inside out.

Burdock — Burdock root has been treasured in traditional Chinese and European herbalism for centuries. A clinical study found that drinking burdock root tea daily for six weeks helped support healthy inflammatory balance and raised the body's overall antioxidant levels. It has also been studied for its role in supporting healthy blood pressure and clear skin.

Dandelion — That familiar backyard weed is actually a nutritional powerhouse. Dandelion leaf and root are rich in potassium and plant antioxidants, and a published human pilot study found that dandelion leaf extract had a meaningful diuretic effect — helping the body flush excess fluid — which may in turn support healthy blood pressure and kidney function.



Cascara Sagrada — Known as 'sacred bark,' cascara sagrada has been used by Native American peoples for centuries to keep digestion moving comfortably. Its natural compounds gently encourage the colon to contract and move waste along, typically producing a bowel movement within six to eight hours. It is one of the most well-recognized herbal supports for occasional constipation.

Buckthorn — Buckthorn bark is a classic European herbal remedy with a history stretching back to the 1650 London Pharmacopoeia. It contains natural compounds that help stimulate colon movement and soften stool, making it a traditional go-to for occasional constipation, bloating, and general abdominal discomfort. European health authorities recognize its traditional use for short-term digestive support.

Pau d'Arco — Harvested from the inner bark of a South American rainforest tree, pau d'arco has been used by Amazonian peoples for generations to support the body against unwanted microbes. Laboratory studies show that its key natural compounds have antifungal activity against Candida and related yeasts, making it a popular choice in cleansing formulas aimed at supporting a healthy microbial balance.

Yellow Root — Yellow root gets its bright color from berberine, a well-studied natural compound with an impressive body of research behind it. Multiple clinical trials and reviews confirm that berberine supports healthy blood sugar levels already in the normal range, helps keep inflammatory markers in check, and may offer modest support for healthy blood pressure — all in one small, bitter root.

Oregon Grape — Oregon grape root is another rich source of berberine, along with other supportive alkaloids. Research shows it has antifungal activity against several Candida strains, including some that are resistant to common treatments. It also supports healthy blood sugar balance and has been used in traditional Chinese medicine for skin concerns like acne, where its antimicrobial properties may play a role.

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