



NATURE'S SUNSHINE

Seasonal Defense

GOOD FOR

Immune System

Respiratory System

Lungs

SIZE **90 Capsules**

ITEM # **806**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Seasonal Defense brings together five time-honored herbs — each chosen for the way it helps your body stay strong, balanced, and ready for whatever the season brings. Together they form a layered formula that supports your immune defenses, helps fight everyday oxidative stress, and keeps your energy on an even keel.

Green Chiretta — Known as the 'king of bitters,' green chiretta has been used for centuries in Ayurvedic and Asian herbal traditions. Research shows it helps the body fight back against free radicals and supports healthy antioxidant defenses. It has also been studied for its role in supporting comfortable joint function and normal blood sugar levels.

Green Chiretta — Immune & Antioxidant Support — Green chiretta's active compounds are well documented for their free-radical-fighting ability. Studies show they help reduce the formation of harmful molecules that can wear the body down over time, while also helping to keep the body's own natural protective systems working at their best — a key part of staying well season after season.

Green Chiretta — Joint Comfort — Clinical trials in people with joint concerns found that green chiretta helped reduce tenderness, swelling, stiffness, and difficulty moving. If your joints tend to feel the change of seasons, this herb brings meaningful, research-backed support to help you stay comfortable and active throughout the year.

Thyme — Long a staple of both the kitchen and the medicine cabinet, thyme is packed with natural plant compounds — including thymol and rosmarinic acid — that are among the most potent antioxidants found in any herb. Research confirms thyme's remarkable ability to neutralize free radicals, helping to protect cells from the everyday wear and tear that builds up over time.

Thyme — Respiratory & Oral Wellness — Thyme has a well-established traditional role in supporting the respiratory system, and its active compounds have been shown in studies to work against the kinds of microbes that can affect the mouth and airways. A published clinical trial found thyme mouthwash effective at improving breath freshness and gum health, reflecting its broad protective qualities.

Thyme — Antioxidant Powerhouse — Thyme's rosmarinic acid, thymol, luteolin, and apigenin work together to deliver exceptional antioxidant protection. These compounds have been validated in multiple laboratory assays for their ability to scavenge harmful free radicals — making thyme one of the most antioxidant-rich herbs you can add to a daily wellness routine.

Eleuthero — Sometimes called Siberian ginseng, eleuthero has been used for generations in Russian and Chinese herbal medicine to help the body handle physical and mental stress. Research confirms it supports healthy cortisol balance during stressful periods, helps sustain stamina and mental endurance, and assists the body's natural ability to adapt and recover.

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