



NATURE'S SUNSHINE

Super ORAC

GOOD FOR

Immune System

Cardiovascular system

Blood

SIZE **90 Capsules**

ITEM # **808**

SERVING **2**

SUPPLY **22 days**

DIRECTIONS FOR USE Take 2 capsules twice daily with meals.

— How the Key Ingredients Work

Super ORAC brings together some of nature's most antioxidant-rich foods and botanicals — each chosen because research shows it helps your body stand up to everyday oxidative stress. Together they support your cells, your heart, your immune system, and your overall vitality from the inside out.

Green Tea — Green tea leaves are packed with natural plant compounds — especially one called EGCG — that have been shown in multiple human studies to raise the body's total antioxidant capacity. It also supports a calm, focused feeling and has been studied for its role in healthy weight management and appetite balance.

Mangosteen — The deep purple rind of the mangosteen fruit is loaded with powerful antioxidants called xanthones. In a 30-day human study, people taking mangosteen showed 15% higher antioxidant levels in their blood. It also supports a healthy inflammatory response and has been explored for joint comfort and respiratory wellness.

Turmeric — Turmeric's golden color comes from curcumin, a well-researched polyphenol that has been shown in human trials to measurably raise the body's antioxidant defenses. It also supports a healthy gut, has been studied for digestive comfort, and was shown in a clinical trial to ease functional digestive symptoms comparably to a common medication.

Quercetin — Quercetin is a flavonoid found naturally in many fruits and vegetables, and it's one of the most studied plant antioxidants available. Human and clinical research shows it helps the body neutralize free radicals and supports the body's own built-in antioxidant systems. It's also been studied for supporting healthy blood pressure and arterial function.

Resveratrol — Best known as the antioxidant compound in red grapes and red wine, resveratrol has been shown in clinical research to support healthy blood vessels and help the body manage oxidative stress. It works in part by activating natural pathways that help the body protect and repair itself, and it has been studied for heart and vascular health.

Acai Berry — Açai berries from the Amazon rainforest contain exceptionally high levels of anthocyanins — the deep-purple pigments that act as potent antioxidants. Human studies show açai consumption raises plasma antioxidant levels, supports healthy vascular function, and has even been studied in athletes for reducing exercise-related oxidative stress and improving endurance.

Apple — An apple a day has real science behind it. Apples provide quercetin, catechins, and other polyphenols that human studies confirm can raise antioxidant levels in the blood. Apple compounds have also been linked in research to better arterial flexibility, healthy endothelial function, and even a reduced association with respiratory concerns like asthma in large population studies.

Selenium — Selenium is a trace mineral your body needs in small amounts but relies on heavily for antioxidant protection. It's a key building block for the body's own antioxidant proteins, which neutralize harmful free radicals and help recycle other antioxidants. Research also shows selenium supports healthy immune function and thyroid health, and it's often low in people following restricted diets.

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