



NATURE'S SUNSHINE

Flash-Ease (Time Release)

Kosher

Halal

Non-GMO

GOOD FOR

Female Reproductive System

Endocrine System

Ovaries

SIZE **60 tablets**

ITEM # **81**

SERVING **1**

SUPPLY **30–60 days**

DIRECTIONS FOR USE Take 1 tablet in the morning and 1 at bedtime.

— How the Key Ingredients Work

Flash-Ease is formulated to release its blend of traditional botanicals and essential minerals gradually throughout the day, so your body gets steady, consistent support right when it needs it most — no spikes, no gaps, just smooth, ongoing care for the moments that matter.

Black Cohosh — One of the most researched herbs for women's wellness, black cohosh has been used by Native Americans for generations and is now backed by multiple clinical studies. It works through pathways in the brain that influence mood and comfort, and research shows it can meaningfully support a calmer, more balanced feeling during the menopausal transition — including helping with the anxiety and mood shifts that so often come along for the ride.

Dong Quai Root — Known for more than 2,000 years in Traditional Chinese Medicine as a foundational 'female tonic,' dong quai root has been treasured across generations for supporting menstrual regularity, nourishing the blood, and easing the discomforts of hormonal transitions. It has traditionally been combined with other botanicals — much like it is here — to help address hot flashes, night sweats, and the general ups and downs of perimenopause and menopause.

Calcium — Calcium is the most abundant mineral in the human body, and the vast majority of it lives in your bones and teeth — keeping them strong and dense over time. Getting enough calcium is especially important during and after menopause, when bone density can naturally begin to shift. This essential mineral also plays a quiet but critical role in nerve signaling and muscle function every single day.

Black Cohosh (Bone Support) — Beyond its well-known role in menopausal comfort, black cohosh has shown measurable effects on bone health in clinical research. A double-blind, placebo-controlled study found it can support markers of healthy bone formation, making it a meaningful addition to a formula designed for women navigating the years when bone care deserves extra attention.

Black Cohosh (Mood & Anxiety) — Feeling on edge or low during perimenopause is incredibly common, and black cohosh has been studied specifically for these emotional shifts. Multiple clinical trials show significant reductions in anxiety symptoms associated with menopause, and it is recognized in systematic reviews of herbal medicine as one of the more promising botanicals for supporting a calmer, steadier mood during this life stage.

Dong Quai Root (Cycle Support) — In Traditional Chinese Medicine, dong quai root has long been the go-to herb for women experiencing scanty, irregular, or unpredictable menstrual cycles. Traditional texts describe it as an herb that 'regulates the cycle and nourishes the blood' — a reputation built over centuries of use across Asia, and one that continues to make it a cornerstone of women's herbal formulas today.

Black Cohosh (Estrogen Balance) — Unlike some plant-based ingredients, black cohosh does not act as a classical phytoestrogen — meaning it does not mimic estrogen directly. Instead, it works through its own distinct pathways to help the body find balance. This makes it a unique and well-studied option for women who want botanical support during menopause without directly influencing estrogen levels.

 (888) 510-7196  service@caringsunshine.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

