



NATURE'S SUNSHINE

Herbal CA

Kosher

Non-GMO

GOOD FOR

Musculoskeletal System

Connective Tissue

Joints

SIZE **100 Capsules**

ITEM # **823**

SERVING **1**

SUPPLY **33 days**

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

— How the Key Ingredients Work

Herbal CA brings together seven time-honored plants, each chosen for the natural nutrients and protective compounds they carry. Together they support your bones, your heart, your blood sugar, and your body's everyday defenses — all in one easy formula.

Horsetail — One of nature's richest sources of plant-based silica, horsetail helps your body build and maintain strong bones and healthy connective tissue — think cartilage, tendons, and skin. A small clinical trial in postmenopausal women found it supported bone mineral density, and its natural antioxidants help protect cells from everyday wear and tear.

Alfalfa — Called the 'father of all foods' for good reason, alfalfa is packed with vitamins, minerals, and plant compounds that support heart health and healthy cholesterol levels. Human studies show it can help lower LDL cholesterol, and animal and early human research suggests it may help keep blood sugar in a healthy range after meals.

Oat — Oats bring a powerful trio of benefits: their natural beta-glucan fiber helps support healthy blood pressure and a feeling of fullness, while unique antioxidant compounds called avenanthramides help keep artery walls calm and healthy. Clinical trials back up oats' role in supporting both cardiovascular wellness and appetite balance.

Wheatgrass — Harvested young and brimming with chlorophyll, flavonoids, and protective plant nutrients, wheatgrass is a concentrated green food that supports your body's natural antioxidant defenses. A human clinical trial found that a daily dose of freeze-dried wheatgrass helped reduce total cholesterol, LDL, and triglycerides in women with elevated lipid levels.

Plantain — This humble broadleaf herb is a quiet powerhouse. Rich in antioxidant compounds like luteolin and caffeic acid, plantain helps protect cells from oxidative stress. Research also points to its traditional role in supporting healthy blood sugar and comfortable breathing, and clinical evidence supports its use for soothing bronchial irritation.

Marshmallow — Marshmallow root has been trusted for centuries as a soothing herb, and modern research backs that reputation. Its natural plant compounds help calm the stomach lining — the German Commission E officially recognizes it for mild gastric discomfort — and lab studies show it helps quiet inflammation and protect cells from oxidative damage.

Hops — Best known for flavoring beer, hops is also a serious source of plant antioxidants. Its unique compounds help neutralize free radicals and, in early research, support healthy blood sugar and bone density — particularly relevant for women going through hormonal changes. Hops bitter compounds also appear to support natural satiety signals in the gut.

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