



NATURE'S SUNSHINE

Capsicum & Garlic (With Parsley)

Kosher

Halal

Non-GMO

GOOD FOR

Cardiovascular system

Digestive System

Immune System

SIZE **100 Capsules**

ITEM # **832**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with food three times daily.

— How the Key Ingredients Work

Capsicum & Garlic with Parsley brings together three time-honored botanicals that have been used for centuries to support a healthy heart, comfortable digestion, and strong natural defenses. Each ingredient plays its own role, and together they form a well-rounded daily formula designed to help your body feel its best.

Garlic Bulb — Garlic has been treasured across cultures for thousands of years — and modern research backs up the tradition. Studies show garlic supports healthy arteries by helping maintain normal blood flow and flexibility in vessel walls. It also delivers powerful antioxidant support, helping the body neutralize everyday cellular stress so your tissues stay in better shape over time.

Garlic & Antioxidant Defense — The natural compounds in garlic bulb are among the most studied antioxidants in the plant kingdom. Research in human clinical trials shows garlic helps the body raise its own internal defenses against oxidative stress — the kind of wear and tear that accumulates from daily life, diet, and environmental exposure. Think of it as a daily tune-up for your cells.

Garlic & Arterial Health — Clinical trials using garlic extract have shown meaningful improvements in how well arteries flex and function, including reductions in arterial stiffness and improvements in central blood pressure readings. For anyone focused on long-term heart and circulatory health, garlic is one of the most well-researched botanicals available for everyday support.

Garlic & Joint Comfort — Garlic's natural compounds have been shown in research to help calm the body's inflammatory response — the same response that can make joints feel stiff and sore. Human trial data suggest garlic may help reduce discomfort associated with joint inflammation, making it a meaningful addition to a wellness routine for those who want to stay active and comfortable.

Capsicum — Capsicum — the botanical family that gives us chili peppers — is far more than a kitchen spice. Its active compounds, particularly capsaicin, have been studied extensively for their ability to support digestion, encourage healthy metabolism, and help the body manage appetite. Capsicum brings a lively, functional energy to this formula that complements garlic and parsley beautifully.

Capsicum & Digestive Comfort — A placebo-controlled clinical trial published in a leading medical journal found that red pepper capsules significantly reduced epigastric discomfort, nausea, and other digestive complaints in people with functional digestive issues. Capsicum appears to work by gradually calming the nerve signals in the digestive tract that register discomfort, offering real, research-backed relief.

Capsicum & Appetite Control — Research shows that capsaicin and related compounds in capsicum help the body feel fuller sooner by encouraging the release of natural satiety signals. A systematic review found that capsicum consumption reduced energy intake by roughly 74 calories per meal on average. For anyone working toward healthy weight management, capsicum is a smart, natural ally.

 (888) 510-7196  service@caringsunshine.com

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