



NATURE'S SUNSHINE

CC-A

GOOD FOR

Immune System

Respiratory System

Cardiovascular system

SIZE **100 Capsules**

ITEM # **840**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE **Adults: Take 2 capsules with a meal twice daily.**

— How the Key Ingredients Work

CC-A brings together eight carefully chosen herbs — each with a long history of traditional use and a growing body of research — to support your digestive comfort, natural defenses, and everyday sense of calm. Think of it as a well-rounded herbal team, where every ingredient plays its own important role.

Rose Hips — Harvested from the fruit of the wild dog rose, rose hips are one of nature's richest sources of vitamin C and protective plant compounds like carotenoids and flavonoids. Research shows they rank among the highest antioxidant fruits tested, help support healthy joints, and may contribute to normal blood pressure and blood sugar balance.

Chamomile — This gentle daisy-family flower has been trusted for centuries to calm both the mind and the belly. Clinical studies show chamomile tea and extract can ease abdominal discomfort, support the body's own antioxidant defenses, and help take the edge off everyday anxiety — making it one of the most versatile herbs in the formula.

Slippery Elm Bark — The inner bark of the slippery elm tree gets its name from the smooth, gel-like texture it forms when mixed with water. That soothing quality is exactly what makes it so valued for digestive wellness — research suggests it helps ease abdominal discomfort and bloating, while its natural plant fibers act as a prebiotic, feeding friendly gut bacteria like Lactobacillus and Bifidobacterium.

Yarrow — Yarrow has been used as a healing herb for thousands of years and is officially recognized by European health authorities for supporting healthy digestion. It helps ease mild stomach cramps and sluggish digestion, encourages healthy bile flow and appetite, and delivers a broad range of antioxidant plant compounds including apigenin, luteolin, and rutin.

Capsicum — Derived from chili peppers, capsicum brings more than heat to this formula. Its active compound capsaicin has been shown in a placebo-controlled clinical trial to significantly reduce stomach discomfort and nausea. It also supports healthy metabolism and appetite regulation, and the whole fruit is naturally rich in vitamins C and E and protective carotenoids.

Goldenseal — A native North American root prized in traditional herbal medicine, goldenseal contains berberine — a well-studied plant alkaloid. Laboratory research documents berberine's ability to disrupt Candida yeast growth and inhibit its ability to form protective biofilms. Goldenseal also appears in research on healthy blood sugar and blood pressure support, particularly in metabolic wellness contexts.

Peppermint — Few herbs have as much clinical backing for digestive comfort as peppermint. A meta-analysis of 12 clinical trials found peppermint oil significantly improved abdominal pain and overall gut symptoms. Its key compound, menthol, helps relax the smooth muscles of the digestive tract, easing cramping and discomfort. Peppermint aromatherapy has also been shown in clinical settings to measurably reduce feelings of anxiety.

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