



NATURE'S SUNSHINE

Female Comfort

Kosher

Non-GMO

GOOD FOR

Female Reproductive System

Endocrine System

Urinary System

SIZE **100 Capsules**

ITEM # **882**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Female Comfort brings together eight time-honored botanicals — from classic Chinese herbs to North American wildflowers — each chosen to gently support a woman's body through the rhythms of her cycle, the changes of midlife, and the everyday need for calm, comfort, and resilience. Together they work as a team, addressing the whole woman rather than a single symptom.

Black Cohosh — One of the most researched herbs for women's midlife wellness, black cohosh has been shown in multiple clinical studies to help ease hot flashes, support a more settled mood, and promote a sense of calm. It works through pathways linked to serotonin and dopamine — the brain's own feel-good messengers — rather than acting like a hormone. Research also points to a positive role in supporting healthy bone formation, making it a true all-around ally for women navigating perimenopause and beyond.

Dong Quai Root — Nicknamed 'female ginseng' in Traditional Chinese Medicine, dong quai root has been treasured for over 2,000 years as a foundational women's tonic. Herbalists have long turned to it for irregular or scanty periods, perimenopausal discomfort, and general hormonal balance. While it shines brightest in combination formulas — just as it is used here — its centuries-long track record speaks to its enduring place in women's herbal care.

Raspberry — Raspberry brings a wealth of natural plant compounds — including the pigments that give the berry its deep red color — that act as powerful antioxidants, helping the body defend itself against everyday oxidative stress. Studies also show that raspberry leaf can support healthy blood sugar levels after meals. Its anti-inflammatory properties add another layer of whole-body support, making it a quietly hardworking ingredient in this blend.

Ginger — Ginger has been soothing women's bodies for thousands of years, and modern research backs up what traditional healers always knew. It helps the stomach empty comfortably, eases bloating and abdominal discomfort, and supports healthy gut motility. Its natural antioxidant compounds also help the body manage everyday inflammation. Whether your concern is digestive comfort or general resilience, ginger is a warm, reliable presence in this formula.

Licorice Root — Licorice root is far more than a flavoring — it has a long history as a digestive soother and a gentle balancer. Clinical research supports its use for heartburn, acid discomfort, and an irritated stomach lining. It helps maintain the integrity of the gut's protective layer and has antispasmodic properties that can ease cramping and abdominal tension. Its natural sweetness also makes the overall formula easier on the palate.

Marshmallow Root — The very name of this plant's genus — *Althaea* — comes from the Greek word for 'to heal,' and marshmallow root lives up to that name. Its rich, slippery plant compounds coat and soothe irritated tissues along the digestive tract, providing gentle relief from abdominal discomfort. Regulatory bodies in Germany have formally recognized marshmallow root for soothing mild gastric irritation, and lab studies confirm meaningful antioxidant and anti-inflammatory activity.

 (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

