



NATURE'S SUNSHINE

Four

GOOD FOR

Respiratory System

Lungs

SIZE **100 Capsules**ITEM # **892**SERVING **2**SUPPLY **25 days**

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

— How the Key Ingredients Work

Four brings together four time-honored herbs — each chosen for the way it quietly supports a key area of your health. From your digestive tract to your airways, this formula works with your body's own rhythms to help you feel your best every day.

Blessed Thistle — Long celebrated as a bitter tonic herb, blessed thistle helps wake up your digestive system by encouraging the natural flow of saliva and stomach juices. Germany's Commission E has approved it for poor appetite and everyday digestive complaints like bloating, gas, and indigestion — making it a trusted ally for anyone whose stomach needs a little coaxing.

Blessed Thistle – Digestive Comfort — Beyond appetite, blessed thistle has a traditional role in easing abdominal discomfort. It supports healthy bile flow, which helps your body break down food more efficiently. If you ever feel heavy or uncomfortable after meals, this herb's gentle bitter action may help settle things down and restore a sense of ease.

Blessed Thistle – Antioxidant Support — Blessed thistle is naturally rich in plant compounds — including flavonoids and polyphenols — that have been shown in laboratory studies to help neutralize harmful free radicals. While research in people is still ongoing, these protective plant nutrients add an extra layer of everyday wellness support to the formula.

Blessed Thistle – Traditional Comfort Use — In European folk medicine, blessed thistle was a go-to remedy for general aches and joint discomfort, including occasional stiffness associated with conditions like gout and rheumatism. This long history of traditional use speaks to the herb's broad reputation as a whole-body comfort herb across many generations of herbalists.

Catnip — Best known for its playful effect on cats, catnip has a quieter, more calming side for people. A member of the mint family, it has been used in traditional herbalism to help soothe the nervous system and ease tension. Its gentle, relaxing character makes it a natural complement to the other herbs in this formula.

Catnip – Digestive Ease — Like many herbs in the mint family, catnip has traditionally been used to help calm an unsettled stomach. Herbalists have long reached for it when digestive discomfort comes with a nervous or anxious edge — making it especially useful for those moments when stress and stomach trouble seem to go hand in hand.

Catnip – Relaxation and Rest — Catnip has a long folk history as a mild relaxing herb. Traditional herbalists used it to help promote a sense of calm and support restful sleep. Its gentle nature makes it well suited for everyday use, and it pairs nicely with the other soothing botanicals in this blend to round out the formula's calming qualities.

Mullein – Lung and Airway Support — Mullein has been used for centuries in European and American folk medicine to care for the lungs and airways. Its natural mucilage coats and soothes irritated respiratory passages, while other plant compounds act as expectorants to help keep airways clear and comfortable. A 2021 review confirmed its long-standing reputation as a respiratory herb.

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