



NATURE'S SUNSHINE

Elderberry D3fense

Non-GMO

GOOD FOR

Immune System

Respiratory System

Lymphatic System

SIZE **90 Capsules**

ITEM # **897**

SERVING **1**

SUPPLY **30 days**

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

— How the Key Ingredients Work

Elderberry D3fense brings together six time-honored ingredients — elderberry, echinacea, vitamin D3, white willow bark, royal jelly, and olive — each chosen to help your body stay strong, resilient, and balanced through every season. Together they support your immune system, protect your cells, and promote overall wellness from the inside out.

Elderberry — Elderberries are packed with deep-purple plant pigments called anthocyanins, which act as powerful free-radical fighters in the body. Research including a meta-analysis of over 1,000 participants shows elderberry can help reduce the duration and severity of respiratory symptoms, making it one of the most well-studied botanicals for seasonal immune support.

Vitamin D3 — Often called the sunshine vitamin, D3 is the same form your skin makes when you step outside on a sunny day. It plays a central role in keeping your immune system alert and balanced, supports healthy testosterone levels in men, and helps maintain normal blood vessel function — all areas where research shows D3 makes a real difference.

Echinacea Purpurea — Purple coneflower has been used for centuries to help the body fight off seasonal bugs, and modern research backs up that tradition. Multiple clinical trials and systematic reviews — including Cochrane assessments — show echinacea can meaningfully shorten how long respiratory symptoms last and reduce how hard they hit, making it a cornerstone of any immune-support formula.

White Willow Bark — White willow bark is the original source of the compound that inspired aspirin. Its natural salicin content has been studied in clinical trials for helping ease everyday discomfort and supporting a healthy inflammatory response. Beyond that, the bark's rich mix of plant polyphenols also acts as an antioxidant, helping protect cells from everyday oxidative wear and tear.

Royal Jelly — Secreted by worker bees to nourish their queen, royal jelly is a nutrient-dense substance with a surprisingly broad range of studied benefits. Randomized controlled trials show it can boost the body's total antioxidant capacity, support healthy blood sugar levels, and even help with diastolic blood pressure — all from one remarkable natural ingredient.

Olive — Olive leaf and its polyphenols — especially oleuropein and hydroxytyrosol — are among the most potent antioxidants found in nature. The European Food Safety Authority has formally recognized olive polyphenols for protecting the body's fats from oxidative damage. Clinical research also shows olive extract supports healthy blood pressure and normal arterial flexibility.

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