



NATURE'S SUNSHINE

Black Walnut

Kosher

GOOD FOR

Digestive System

Hair, Skin & Nails (Integumentary)

Colon (Large Intestine)

SIZE **100 Capsules**

ITEM # **90**

SERVING **2**

SUPPLY **25 days**

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

— How the Key Ingredients Work

Black Walnut has been trusted for centuries as a natural way to support the body's defenses, promote healthy circulation, and help keep unwanted organisms in check. Every part of this remarkable tree — from its rich green hull to its nutrient-packed kernel — brings something meaningful to your wellness routine.

Black Walnut Hull — The hull is the star of the show. It contains a powerful natural compound called juglone that has been studied for its ability to discourage the growth of unwanted fungi and yeast in the body. Traditional herbalists have relied on black walnut hull for generations as a go-to cleansing and balancing herb, and modern research is beginning to confirm why.

Black Walnut Kernel — The edible nut inside is loaded with protective plant compounds — including quercetin and other polyphenols — that help the body fight back against everyday oxidative stress. Think of these antioxidants as a cleanup crew, helping to neutralize the damaging particles that accumulate in the body over time and wear down your cells.

Juglone (from Black Walnut) — Juglone is the key active found naturally in black walnut hull, and laboratory studies have shown it can stand up to common fungi like those responsible for athlete's foot, as well as Candida yeast — even strains that have become resistant to standard antifungal treatments. It's nature's own defense compound, built right into the tree.

Polyphenols & Ellagitannins — Black walnut is exceptionally rich in a family of plant compounds called ellagitannins and polyphenols. These naturally occurring substances have been measured in high-antioxidant studies and shown to help the body defend itself against oxidative damage — the kind of daily wear and tear that can affect how you feel and how well your body functions over time.

Quercetin (from Black Walnut) — Quercetin is a well-known plant flavonoid found in black walnut kernels. It's one of the reasons black walnut ranks so highly in antioxidant testing. Quercetin helps support the body's natural defenses and contributes to the overall protective power that makes black walnut such a valued herb in natural wellness traditions.

Alpha-Linolenic Acid / ALA (from Black Walnut) — Black walnut contains ALA, a plant-based omega-3 fatty acid that has been associated with healthy blood vessel function. Research on walnut consumption — including studies specifically using black walnuts — suggests that this healthy fat may help support normal, comfortable blood pressure levels as part of an overall heart-friendly lifestyle.

Arginine Precursors (from Black Walnut) — Black walnut provides compounds that the body can use to support healthy blood flow and relaxed blood vessels. The WAHA clinical trial, which followed over 300 participants for two years, found that regular walnut consumption was linked to a meaningful reduction in systolic blood pressure — a finding that points to real cardiovascular support.

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