



NATURE'S SUNSHINE

Herbal Pumpkin

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **100 Capsules**

ITEM # **915**

SERVING **3**

SUPPLY **33 days**

DIRECTIONS FOR USE **Adults: Take 3 capsules daily with a meal.**

— How the Key Ingredients Work

Herbal Pumpkin brings together seven time-honored botanicals chosen to support a healthy digestive tract, encourage natural cleansing, and help your body maintain everyday balance. Each ingredient plays its own role, and together they form a well-rounded formula you can feel good about taking.

Pumpkin — Pumpkin seeds are packed with protein, healthy fats, fiber, and key minerals that nourish the body from the inside out. Research shows pumpkin supports healthy bladder function — including fewer bathroom trips and less urgency — and its rich mix of carotenoids and plant compounds helps the body defend against everyday oxidative stress.

Black Walnut — The hull of the black walnut has been used for generations as a natural cleansing herb. Its key active compound, juglone, has been studied for its ability to discourage unwanted yeast and fungal overgrowth, including Candida. Black walnut also brings a generous supply of antioxidant polyphenols that help protect cells from daily wear and tear.

Cascara Sagrada — Cascara sagrada — whose name means 'sacred bark' — has been trusted by Native American herbalists for centuries as a gentle, reliable laxative. Its natural compounds encourage the colon to move things along, typically within six to eight hours, making it a go-to herb for occasional constipation and supporting a thorough, comfortable cleanse.

Chamomile — Few herbs are as universally loved as chamomile. Backed by solid clinical research, it helps ease abdominal discomfort and digestive cramping, and its calming properties have been studied in randomized trials for supporting a relaxed, less anxious state of mind. It also contributes meaningful antioxidant activity, rounding out its role as a whole-body soother.

Mullein — Mullein has a long folk-medicine history as a lung and respiratory herb, and modern lab studies back up that tradition — its natural mucilage coats and soothes irritated airways while its saponins help loosen congestion. Beyond the lungs, mullein's plant compounds have been studied for antioxidant and anti-inflammatory properties that benefit the whole body.

Marshmallow — Marshmallow root lives up to its soothing reputation. Its high mucilage content forms a gentle, protective coating along the digestive tract, which is why Germany's Commission E officially recognized it for mild stomach irritation. Lab studies also show it helps calm inflammatory responses in gut tissue, and it contributes antioxidant activity that supports healthy cells.

Slippery Elm Bark — Slippery elm's inner bark becomes wonderfully slick when it meets water, creating a natural, coating effect that helps calm and protect the lining of the digestive tract. Clinical studies using slippery elm-containing formulas have reported meaningful reductions in abdominal pain and bloating. Its prebiotic fibers also help feed beneficial bacteria like Lactobacillus and Bifidobacterium, supporting a healthier gut environment.

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