



NATURE'S SUNSHINE

Gastro Health

Non-GMO

GOOD FOR

Digestive System

Stomach

Small Intestine

SIZE **60 Capsules**

ITEM # **917**

SERVING **2**

SUPPLY **10 days**

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

— How the Key Ingredients Work

Gastro Health brings together time-honored herbs and targeted nutrients that work in harmony to soothe your stomach, support a healthy gut lining, and keep your digestive system running smoothly. Each ingredient was chosen for the specific role it plays in everyday digestive comfort and overall gut wellness.

Licorice Root — A beloved digestive herb used for centuries, licorice root helps soothe the stomach lining and ease the discomfort of occasional heartburn and acid reflux. Research including placebo-controlled trials shows it can meaningfully reduce heartburn and regurgitation, while also helping to calm abdominal discomfort and support healthy gut function.

Capsicum — The active compound in chili peppers, capsaicin, has a surprising benefit for digestion — with repeated use it helps calm the nerve signals that cause stomach pain and discomfort. A placebo-controlled clinical trial found red pepper capsules significantly reduced epigastric pain, nausea, and overall digestive upset in people with functional stomach complaints.

Lecithin — Lecithin is a naturally occurring fatty substance found in every cell of the body and is one of the key building blocks of bile — the fluid your body uses to digest fats. By helping keep bile balanced and flowing well, lecithin supports healthy gallbladder function and may help reduce the risk of cholesterol crystal buildup. It also plays a role in supporting the protective lining of the colon.

Elecampane — Elecampane root has a long history as a digestive tonic in European herbal tradition. It is naturally rich in inulin — a prebiotic fiber that feeds beneficial gut bacteria and has been shown in clinical studies to help support healthy blood sugar balance. A well-nourished gut microbiome is the foundation of smooth, comfortable digestion every day.

Pau d'Arco — Harvested from the inner bark of a South American tree, pau d'arco has been used for centuries by indigenous Amazonian peoples to support gut and immune health. Laboratory studies show its key compounds have antifungal activity against Candida and related yeasts, making it a traditional go-to for supporting a balanced microbial environment in the digestive tract.

Clove — Clove is one of the most antioxidant-rich botanicals on earth, and its active compound eugenol has been studied for its ability to help calm inflammation in the digestive tract. Traditionally used to ease stomach discomfort and bloating, clove brings both protective antioxidant support and a long history of use as a digestive comfort herb.

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