



NATURE'S SUNSHINE

HS II

GOOD FOR

Cardiovascular system

Heart

Blood

SIZE **100 Capsules**

ITEM # **930**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

HS II brings together three time-honored botanicals — hawthorn, capsicum, and garlic — each chosen for the way it complements the others to help keep your heart, blood vessels, and overall vitality feeling their best. Together they form a well-rounded daily foundation for cardiovascular wellness.

Hawthorn Berry — Hawthorn has been trusted for heart health since the late 1800s, and modern research backs that tradition. Rich in natural plant compounds called flavonoids and proanthocyanidins, hawthorn helps support healthy blood pressure, encourages good circulation, and acts as a powerful antioxidant that helps protect the heart and blood vessels from everyday oxidative stress.

Hawthorn — Arterial Support — The same flavonoids that give hawthorn berries their deep color also help keep artery walls relaxed and flexible. Research shows hawthorn encourages the body to maintain healthy blood flow and helps reduce the kind of tension in blood vessels that can make the heart work harder than it needs to.

Hawthorn — Antioxidant Defense — Hawthorn is loaded with polyphenols — natural antioxidants that help neutralize free radicals before they can cause damage. Studies show these compounds help the body's own antioxidant defenses stay strong, giving your cells an extra layer of everyday protection from oxidative wear and tear.

Hawthorn — Healthy Blood Flow — One of hawthorn's most researched benefits is its ability to support smooth, healthy blood flow. Its natural compounds have been shown in controlled studies to help discourage the kind of platelet clumping that can interfere with normal circulation, making it a valuable ally for anyone focused on cardiovascular wellness.

Capsicum (Red Pepper) — Capsicum — the plant behind everyday chili peppers — brings a surprising range of wellness benefits beyond the kitchen. Its active compound, capsaicin, has been studied for its ability to support comfortable digestion, help manage appetite, and provide meaningful antioxidant protection, making it a versatile addition to this heart-and-vitality formula.

Capsicum — Digestive Comfort — A placebo-controlled clinical trial published in a leading medical journal found that red pepper capsules helped reduce stomach discomfort and nausea in people with functional digestive complaints. Regular use appears to help the digestive system become less reactive to irritation, supporting a calmer, more comfortable gut over time.

Capsicum — Appetite & Energy Balance — Capsaicin, the compound that gives peppers their warmth, has been shown in a systematic review to help reduce calorie intake at meals — by roughly 74 calories — by encouraging feelings of fullness and supporting the body's natural calorie-burning processes. It's a gentle, natural nudge toward healthy energy balance.

Capsicum — Antioxidant Nutrients — Beyond capsaicin, capsicum fruits are naturally rich in vitamins C and E as well as carotenoids — a trio of well-known antioxidant nutrients. Together these help the body fight oxidative stress at the cellular level, complementing the antioxidant power of hawthorn and garlic throughout the formula.

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