



NATURE'S SUNSHINE

Black Walnut (ATC)

GOOD FOR

Digestive System

Colon (Large Intestine)

Hair, Skin & Nails (Integumentary)

SIZE **50 Capsules**

ITEM # **93**

SERVING **1**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Black Walnut has been trusted for generations as a whole-body cleansing herb, and modern research is beginning to confirm what traditional herbalists long observed. This formula harnesses the power of the black walnut hull — one of nature's most versatile botanicals — to help support digestive balance, antioxidant defenses, and healthy skin from the inside out.

Black Walnut Hull — The hull of the black walnut is where most of the plant's goodness lives. It contains a rich mix of natural compounds — including juglone, tannins, and polyphenols — that have long been used to support cleansing and balance throughout the body. Herbalists have relied on it for centuries as a go-to for digestive and skin wellness.

Juglone (from Black Walnut Hull) — Juglone is the standout active compound found naturally in black walnut hull. Research shows it has strong antifungal properties in laboratory settings, with studies finding it can inhibit the growth of common fungi — including strains that have become resistant to conventional options. It's a big reason black walnut hull has such a long history of use.

Ellagitannins — Black walnut hull is loaded with ellagitannins, a family of plant compounds that act as powerful antioxidants. These naturally occurring substances help the body defend itself against everyday oxidative stress — the kind of wear and tear that accumulates over time. They're part of what makes black walnut such a nutrient-dense botanical.

Quercetin (from Black Walnut) — Quercetin is a well-known plant antioxidant found in black walnut kernels and hull. It's one of the most studied flavonoids in nature, and its presence in black walnut adds another layer of antioxidant support. Together with other polyphenols in the hull, quercetin helps round out the formula's protective properties.

Polyphenols (from Black Walnut) — Black walnut is exceptionally rich in polyphenols — the broad family of plant compounds responsible for much of its antioxidant strength. High-throughput research has measured the antioxidant capacity of black walnut phenolics and found them to be impressive. These compounds work together to help protect cells from daily oxidative challenges.

Alpha-Linolenic Acid (ALA) — Black walnut naturally contains ALA, a plant-based omega-3 fatty acid. Research on walnut consumption — including a two-year randomized trial — has linked walnut intake to meaningful support for healthy blood pressure levels. ALA is one of the nutritional contributors thought to play a role in that cardiovascular benefit.

Arginine Precursors — Black walnut contains compounds that the body can use as building blocks for arginine, an amino acid associated with healthy blood vessel function. Arginine is involved in the body's natural process of keeping blood vessels relaxed and flexible, which is one reason walnut consumption has been studied in the context of healthy blood pressure support.

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