



NATURE'S SUNSHINE

Gentle Move

Non-GMO

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **90 Capsules**

ITEM # **952**

SERVING **2-6**

SUPPLY **15-45 days**

DIRECTIONS FOR USE Take 2 capsules before bedtime. In times of irregularities and bowel distress: Take 2 capsules up to three times daily for up to 7-10 days.

— How the Key Ingredients Work

Gentle Move brings together time-honored herbs and an essential mineral to support your digestive comfort, help things move along naturally, and nurture your overall sense of well-being. Each ingredient was chosen to work gently with your body — not against it.

Magnesium — Magnesium is one of the most important minerals your body relies on every single day. It helps support healthy muscle function — including the muscles that keep your digestive system moving — and plays a key role in energy, a calm nervous system, and a healthy stress response. Many people simply don't get enough from food alone.

Triphala — Triphala is a beloved three-fruit blend from Ayurvedic tradition — combining amla, haritaki, and bibhitaki. Used for centuries to support comfortable digestion, it has been studied in clinical trials for its ability to support healthy bowel frequency and ease occasional bloating and abdominal discomfort, making it a cornerstone of this formula.

Ginger — Ginger root has been trusted for over 2,500 years to soothe an unhappy stomach. Research shows it helps food move through the digestive system more efficiently, which can ease that heavy, uncomfortable feeling after meals. It also supports a healthy gut environment and brings natural antioxidant compounds to the formula.

Slippery Elm Bark — Slippery elm gets its name from the silky, gel-like quality of its inner bark when it meets water. That same soothing quality is what makes it so valued for digestive comfort. Its natural fibers also act as a prebiotic, helping to nourish friendly bacteria like Lactobacillus and Bifidobacterium that your gut depends on.

Marshmallow Root — Marshmallow root — named from the Greek word meaning 'to heal' — has a long history of use for soothing the digestive tract. Germany's Commission E, a respected herbal authority, has recognized marshmallow root for supporting a comfortable stomach lining. Its natural compounds also show antioxidant activity in research studies.

Yellow Root — Yellow root is a traditional North American herb whose roots run a rich, vivid yellow. It contains berberine, a naturally occurring compound that has been studied for supporting healthy blood sugar balance, a normal inflammatory response, and antioxidant defenses. Traditionally, it was used by Native Americans and early settlers for a wide range of wellness needs.

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