



NATURE'S SUNSHINE

Guggul Lipid (Concentrate)

GOOD FOR

Cardiovascular system

Blood

Joints

SIZE **90 Capsules**

ITEM # **974**

SERVING **1-2**

SUPPLY **15-30 days**

DIRECTIONS FOR USE Take one or two capsules with a meal three times daily.

— How the Key Ingredients Work

Guggul Lipid Concentrate brings you a time-honored Ayurvedic resin — drawn from the bark of the small Indian tree Commiphora wightii — carefully concentrated so its naturally occurring active compounds are ready to go to work. Generations of traditional use, backed by modern research, point to this remarkable ingredient as a broad-spectrum supporter of heart health, clear skin, comfortable joints, and the body's own defenses against everyday oxidative stress.

Guggul — Heart & Cholesterol Support — One of guggul's most studied roles is helping the body manage healthy cholesterol levels. Research shows that the active compounds in guggul encourage the liver to clear more LDL — often called 'bad' cholesterol — from the bloodstream, supporting cleaner, healthier arteries and overall cardiovascular wellness.

Guggul — Arterial Health — Beyond cholesterol numbers, guggul has a long history in Ayurveda as a heart and circulation tonic. Multiple controlled studies confirm its lipid-balancing effects are meaningful for keeping arteries in good shape, making it a cornerstone ingredient for anyone focused on long-term cardiovascular care.

Guggul — Antioxidant Defense — Every day, the body faces oxidative stress from pollution, diet, and normal metabolism. Guggul's active compounds have been shown in human studies to reduce a key marker of oxidative damage and to support the body's own built-in antioxidant systems, helping cells stay healthier over time.

Guggul — Skin Clarity & Acne Support — Guggul has been tested in small clinical trials specifically for nodulocystic acne — one of the more stubborn forms. A double-blind study found that 500 mg twice daily for 90 days produced significant improvements, making guggul a noteworthy natural option for those seeking clearer, calmer skin from the inside out.

Guggul — Joint Comfort — Traditional Ayurvedic practitioners have long turned to guggul for joint-related concerns, and early clinical studies support this use. Research in both osteoarthritis and rheumatoid arthritis models suggests guggul may help reduce pain, stiffness, and swelling, supporting more comfortable, flexible movement day to day.

Guggul — Inflammation Balance — Healthy inflammation response is central to joint comfort, skin health, and cardiovascular wellness alike. Laboratory and animal studies show that guggul's active compounds help moderate the body's inflammatory signaling, which may explain why it shows up as a supportive ingredient across so many different health areas.

Guggul — LDL Oxidation Protection — It's not just about how much LDL cholesterol is present — it's also about keeping it from becoming damaged. Guggulsterones, the key actives in guggul, have been shown to help prevent LDL oxidation, an important step in maintaining cleaner blood vessels and a healthier cardiovascular environment overall.

Guggul — Liver & Lipid Metabolism — The liver plays a starring role in managing fats in the blood, and guggul appears to work in part by encouraging the liver to be more active in pulling LDL out of circulation. This liver-supportive action is one reason guggul has earned its reputation as a go-to herb for healthy lipid balance.

 (888) 510-7196  service@caringsunshine.com

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