



NATURE'S SUNSHINE

Herbal Trace Minerals

GOOD FOR

Endocrine System

Digestive System

Thyroid Gland

SIZE **100 Capsules**

ITEM # **980**

SERVING **1-2**

SUPPLY **50-100 days**

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

— How the Key Ingredients Work

Herbal Trace Minerals brings together three time-honored botanicals — kelp, dandelion, and alfalfa — each naturally loaded with vitamins, minerals, and plant compounds that work together to help your body stay balanced, energized, and well-supported from the inside out.

Kelp — Harvested from nutrient-rich coastal waters, kelp is one of nature's most mineral-dense foods. It delivers a broad spectrum of trace minerals your body relies on every day, plus natural antioxidant compounds that help protect your cells from everyday wear and tear. Kelp also contains a soluble fiber called alginate that supports healthy digestion and may help you feel fuller, longer.

Kelp – Antioxidant Support — Kelp is packed with natural antioxidant compounds — including fucoxanthin, polyphenols, and vitamins C and E — that help your body neutralize the free radicals that build up from stress, pollution, and daily life. Think of these compounds as a built-in cleanup crew keeping your cells healthier over time.

Kelp – Appetite & Digestion — The natural soluble fiber in kelp, known as alginate, forms a gentle gel in your digestive tract that slows things down in a good way. Research suggests this fiber can help you feel satisfied after meals, support healthy digestion, and even help slow the absorption of dietary fat — a helpful bonus for anyone watching their weight.

Kelp – Heart & Circulation — Studies on edible algae including kelp show promising support for healthy blood pressure levels. Kelp's natural fiber can help bind excess sodium in the gut, and its bioactive compounds have been shown in research to support healthy circulation and normal blood clotting activity — all good news for your cardiovascular system.

Dandelion — That cheerful yellow weed in your yard is actually a nutritional powerhouse. Dandelion leaves, roots, and flowers are rich in vitamins, minerals — including a notable amount of potassium — and a wide range of plant compounds that have been used in traditional herbal practice for centuries to support the liver, kidneys, and overall vitality.

Dandelion – Antioxidant Defense — Dandelion is one of the richest plant sources of protective antioxidant compounds, including luteolin, cichoric acid, and chlorogenic acid. These naturally occurring plant chemicals have been shown in lab studies to actively neutralize free radicals, helping to shield your body's tissues and organs from oxidative stress over time.

Dandelion – Natural Diuretic & Blood Pressure — A published human pilot study found that dandelion leaf extract had a meaningful diuretic effect — helping the body release excess fluid naturally. Because dandelion is also a good source of potassium, it may help support healthy blood pressure levels as part of a balanced diet and wellness routine.

Dandelion – Blood Sugar Balance — Dandelion contains several plant compounds — including chicoric acid, chlorogenic acid, and inulin — that researchers believe may help the body manage blood sugar more smoothly. A small clinical trial in people with type 2 diabetes found that dandelion leaf and root powder helped support healthier fasting blood glucose levels compared to placebo.

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