



NATURE'S SUNSHINE

# LBS II

Vegetarian

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **100** vegetabs

ITEM # **993**

SERVING **2-4**

SUPPLY **25-50** days

DIRECTIONS FOR USE Take 2-4 vegetabs daily with a meal.

## — How the Key Ingredients Work

LBS II brings together time-honored herbs that work with your body's natural rhythm to keep things moving comfortably and your digestive system feeling its best. Each ingredient plays a supporting role — from encouraging healthy bowel regularity to soothing the gut and helping your whole digestive tract feel balanced.

**Cascara Sagrada** — One of North America's most trusted traditional laxative herbs, cascara sagrada has been used for centuries to encourage comfortable, timely bowel movements. It gently nudges the colon into action and helps the body hold onto less water in the bowel, so things move along naturally — typically within several hours.

**Buckthorn** — A classic European herbal remedy with a history stretching back hundreds of years, buckthorn bark supports healthy colon movement through similar gentle action. Recognized by European herbal authorities for occasional constipation relief, it has long been a go-to herb when the goal is a softer, easier-to-pass stool and a cleaner-feeling digestive tract.

**Rhubarb Root** — Rhubarb root has been a cornerstone of traditional Chinese herbal practice for digestive wellness for generations. Beyond its well-known role in supporting regularity, it also brings a rich supply of antioxidant compounds — including flavonoids and tannins — that help the body defend against everyday oxidative stress while keeping the gut environment balanced.

**Licorice Root** — Licorice root is a natural soother for the digestive tract. Research shows it helps support the gut lining, encourages comfortable acid levels, and may ease cramping and spasms in the digestive system. It has been studied as part of herbal blends that significantly reduce abdominal discomfort and support overall gut comfort day to day.

**Ginger** — Ginger has been relied on for over 2,500 years to calm an unhappy stomach. Clinical studies show it helps speed up the stomach's emptying process, supports healthy gut movement, and eases bloating and abdominal discomfort. It also brings powerful antioxidant compounds that help protect the body from everyday cellular stress.

**Oregon Grape** — Oregon grape root contains berberine and other natural plant compounds that have been studied for their ability to support a balanced gut environment. Research shows these compounds help keep unwanted organisms in check — including certain yeast strains — while also providing antioxidant activity that helps protect cells from oxidative damage.

**Capsicum** — Capsicum — the herb behind the heat in chili peppers — does more than add spice. Studies show that regular use may help ease epigastric discomfort and reduce nausea. It also supports the body's own antioxidant defenses and, in digestive formulas, helps stimulate circulation throughout the gut to encourage the other herbs to work more effectively.

**Couch Grass** — Couch grass rhizome is a traditional European herb with a long history of supporting the urinary tract and helping the body flush excess fluid. Recognized by German herbal authorities for its gentle diuretic and soothing properties, it supports the lower urinary tract and helps keep the body's natural cleansing pathways open and comfortable.