


NATURE'S SUNSHINE

PS II

GOOD FOR

Prostate

Male Reproductive System

Urinary System

SIZE 100 Capsules
ITEM # 1050
SERVING 1
SUPPLY 33 days
DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

PS II brings together a carefully chosen blend of plant-based ingredients that have been used for generations — and studied in modern research — to support a healthy prostate, comfortable urinary flow, and the hormonal balance that matters most to men as they age. Each ingredient plays its own role, and together they work as a team to help you feel your best day to day.

Saw Palmetto — One of the most well-researched herbs for men's health, saw palmetto has been shown in multiple controlled trials to help ease common urinary complaints like frequent trips to the bathroom, nighttime waking, and the feeling of not fully emptying the bladder. It also helps keep male hormone levels in a healthy balance as men get older.

Pumpkin Seed — Pumpkin seeds have a long history as a traditional remedy for the bladder and urinary tract, and modern research backs this up. A 12-week clinical trial found meaningful improvements in urinary frequency, urgency, and nighttime bathroom visits. Pumpkin seeds are also packed with antioxidants that help protect cells from everyday wear and tear.

Licorice Root — Licorice root has been valued in herbal traditions for thousands of years for its broad supportive properties. It contributes to the formula's overall balance by helping the body manage inflammation and supporting healthy hormone activity. Its natural compounds also help maintain comfort in the digestive tract, which can be a welcome bonus for men taking daily supplements.

Ginger — Ginger brings powerful antioxidant support to this formula, with its active compounds helping the body neutralize everyday oxidative stress. It also supports comfortable digestion, which helps the body absorb the other ingredients in this blend more effectively. Ginger has been used for over 2,500 years as a trusted wellness herb across many cultures.

Gotu Kola — Gotu kola is a time-honored herb from Ayurvedic and Asian wellness traditions, prized for its ability to support the body's natural defenses against oxidative stress. Its plant compounds help activate the body's own built-in antioxidant systems, lending an extra layer of cellular protection to this prostate and urinary health formula.

Capsicum — Capsicum — the plant behind chili peppers — contributes meaningful antioxidant activity through its natural compounds, including vitamins C and E and carotenoids. It helps the body maintain a healthy inflammatory response and supports overall cellular wellness. Its warming properties have made it a staple in traditional herbal formulas for centuries.

Goldenseal — Goldenseal is a native North American herb with a rich history of use by traditional herbalists. Its key compound, berberine, has been studied for its ability to support healthy blood sugar and blood pressure levels — two factors that play a role in overall men's metabolic wellness. Goldenseal also contributes antimicrobial properties that support a healthy urinary environment.

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