



NATURE'S SUNSHINE

Intestinal Soothe and Build

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **100 Capsules**

ITEM # **1106**

SERVING **3**

SUPPLY **11 days**

DIRECTIONS FOR USE Take 3 capsules with a meal three times daily.

— How the Key Ingredients Work

Intestinal Soothe and Build brings together time-honored herbs that coat, calm, and nourish your digestive tract from top to bottom. Each ingredient was chosen to help your gut feel its best — soothing occasional discomfort, feeding friendly bacteria, and keeping your body's natural defenses strong.

Slippery Elm Bark — Named for the silky, gel-like coating its inner bark forms when mixed with water, slippery elm has been trusted for generations to soothe an irritated digestive tract. It may help ease occasional bloating and abdominal discomfort, and its natural plant fibers act as a prebiotic — helping feed the beneficial bacteria your gut depends on every day.

Marshmallow Root — Marshmallow root lives up to its soothing name. Its rich, mucilage-like texture coats the lining of the stomach and intestines, helping to calm occasional irritation along the digestive tract. Germany's Commission E — a respected herbal authority — has recognized marshmallow root for supporting a comfortable stomach, making it a trusted cornerstone of gut-soothing formulas.

Chamomile — Chamomile is one of the world's most beloved calming herbs, and for good reason. It has a long history of easing stomach cramps, gas, and general abdominal unease. Research supports its traditional role as a digestive relaxant, and it is a key ingredient in well-studied herbal gut formulas. As a bonus, chamomile's naturally calming properties may also help take the edge off everyday stress.

Plantain Leaf — This is not the banana-like fruit — plantain leaf (*Plantago major*) is a hardy medicinal herb with centuries of use for soothing irritated tissues. It contains natural compounds that support the body's antioxidant defenses and help maintain a healthy environment in the gut. Plantain has also been studied for its role in supporting comfortable breathing and healthy bronchial passages.

Rose Hips — Rose hips — the small, ruby-red fruits left behind after roses bloom — are one of nature's richest sources of vitamin C and protective plant compounds like carotenoids and flavonoids. This powerful antioxidant profile helps the body defend itself against everyday oxidative stress. Rose hips also have a well-researched history of supporting joint comfort and have been shown in clinical studies to support healthy blood pressure levels.

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