



NATURE'S SUNSHINE

5-W

GOOD FOR

Female Reproductive System

Uterus

Cardiovascular system

SIZE **100 Capsules**

ITEM # **1120**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules three times daily with a meal.

— How the Key Ingredients Work

5-W brings together five time-honored botanicals that have been used for generations to support women's hormonal comfort, circulation, and overall well-being. Each ingredient plays its own role, and together they form a well-rounded formula designed to help women feel their best through every season of life.

Black Cohosh — One of the most researched herbs for women's wellness, black cohosh has been shown in multiple studies to help ease the discomfort of hot flashes and support a more balanced mood. It also shows early promise for supporting healthy bone formation, making it a true multi-tasker for women navigating hormonal changes.

Dong Quai Root — Known in Traditional Chinese Medicine as 'female ginseng,' dong quai root has been treasured for over 2,000 years as a gentle tonic for women's monthly cycles and menopausal comfort. Traditionally used to help with irregular periods and perimenopausal symptoms, it is a cornerstone of women's herbal support.

Squawvine — Long used by Native American and Eclectic herbalists, squawvine is regarded as a nurturing tonic for women's reproductive wellness. Traditional herbalists valued it as a calming nervine — meaning it was used to ease nervous exhaustion and irritability — and it was also a go-to herb for supporting healthy lactation and breastfeeding comfort.

Butcher's Broom — This Mediterranean shrub has solid clinical backing for supporting healthy circulation and venous tone. It helps the body manage fluid balance in the legs, reducing feelings of heaviness and swelling. It has also been studied for its role in supporting healthy blood pressure when standing, making it a smart addition for overall circulatory wellness.

Raspberry — Red raspberry brings powerful antioxidant support to this formula, thanks to its rich supply of polyphenols including anthocyanins. Studies show raspberry helps the body defend against everyday oxidative stress, supports a healthy inflammatory response, and even showed a meaningful effect on blood sugar balance after meals in a 2025 clinical trial — a well-rounded berry for whole-body wellness.

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