



NATURE'S SUNSHINE

UnPhased™ (Formerly Estro-Assured)

GOOD FOR

Female Reproductive System

Endocrine System

Cardiovascular system

SIZE **60 Capsules**

ITEM # **1122**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2-3 capsules once daily with a meal.

— How the Key Ingredients Work

UnPhased™ brings together a thoughtfully chosen lineup of botanicals, nutrients, and mushroom extracts — each one chosen because research shows it supports a specific area of your wellbeing. Together they work as a team, helping your body stay balanced, resilient, and comfortable through every phase of life.

Flaxseed — Flaxseed is one of nature's most versatile seeds. It's packed with plant-based omega-3s, natural fiber, and beneficial plant compounds called lignans. Studies show it can help ease occasional constipation and abdominal discomfort, support healthy arteries, and contribute to your body's everyday antioxidant defenses — all in one tiny seed.

Pomegranate — Pomegranate has earned its reputation as one of the most antioxidant-rich fruits on the planet. Clinical research shows that regular pomegranate consumption can help support healthy arteries, keep oxidized cholesterol in check, and help the body manage inflammation. It's also been studied for supporting joint comfort and helping the body bounce back after physical activity.

Calcium — Calcium is the mineral your bones and teeth are literally built from — more than 99% of the calcium in your body lives in your skeleton. Getting enough calcium throughout life helps maintain bone density and supports healthy muscle function and nerve signaling. It's especially important during periods of growth and for long-term bone strength as you age.

Kudzu Root — Kudzu root has been used in traditional Chinese wellness practices for over a thousand years. Its active plant compounds, particularly one called puerarin, have been studied for supporting healthy blood pressure, promoting good circulation, and providing antioxidant support throughout the cardiovascular system. It's also been researched for helping manage everyday cravings.

Lutein — Lutein is a golden plant pigment found naturally in leafy greens and eggs, and it's the most abundant carotenoid found in human brain tissue. Research links healthy lutein levels to better antioxidant protection, support for arterial health, and even sharper cognitive performance as we age. It also helps the body manage low-grade inflammation associated with everyday wear and tear.

Maitake Mushroom — Known in Japan as the 'dancing mushroom,' maitake is prized for its ability to support the immune system in a balanced, two-way way — helping activate the body's natural defenses without overstimulating them. Animal and early human studies also suggest it may help support healthy blood sugar levels and blood pressure, making it a well-rounded wellness ally.

Flaxseed Lignans — The lignans in flaxseed — especially a compound called SDG — are plant-based compounds that act as gentle antioxidants in the body. Pilot clinical research has shown that regular flaxseed intake can increase the body's own antioxidant activity. These same lignans are also being studied for their role in supporting hormonal balance, which is part of why they're a cornerstone of this formula.

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