



NATURE'S SUNSHINE

# IF Relief

Non-GMO

GOOD FOR

Musculoskeletal System

Joints

Muscles

SIZE **90 Capsules**

ITEM # **1175**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule three times daily with meals.

## — How the Key Ingredients Work

IF Relief brings together five time-honored botanicals — each chosen for the way it helps the body stay comfortable, resilient, and balanced. Together they form a well-rounded daily formula that supports your joints, your body's natural defenses, and your overall sense of wellbeing.

**Indian Frankincense (*Boswellia serrata*)** — Sourced from the resin of trees native to India's dry mountain regions, Indian frankincense has one of the strongest track records of any herbal remedy for joint comfort. Multiple clinical trials show it can meaningfully reduce joint pain and stiffness while helping you move more freely — with benefits that may last well beyond the last dose.

**Turmeric (*Curcuma longa*)** — Turmeric's golden color comes from curcumin, a well-studied plant compound with impressive antioxidant credentials. Human clinical trials show it raises the body's own antioxidant levels, helps ease abdominal discomfort, and has even been compared favorably to a common heartburn medication in a recent three-arm clinical study.

**Green Chiretta (*Andrographis paniculata*)** — Known as the 'king of bitter' in Ayurvedic tradition, green chiretta has been used for centuries across India, China, and Southeast Asia. Modern research backs it up: clinical trials show it can support healthy joint function in both rheumatoid and osteoarthritis settings, while also helping the body manage antioxidant balance and healthy blood sugar levels.

**Mangosteen (*Garcinia mangostana*)** — The deep purple rind of the tropical mangosteen fruit is packed with natural compounds called xanthenes. In a 30-day clinical study, people who consumed mangosteen showed antioxidant levels in their blood that were 15% higher than those who didn't. Researchers have also highlighted mangosteen's role in supporting comfortable joints and soft-tissue wellness.

**White Willow (*Salix alba*)** — White willow bark has been used for pain and discomfort since ancient times — and for good reason. Its key compound, salicin, is the natural forerunner of aspirin. Two moderate-quality clinical trials found that daily white willow bark was superior to placebo for short-term low back comfort, and health authorities also recognize its traditional use for inflamed joints, bursitis, and tendinitis.

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