



NATURE'S SUNSHINE

C-X

GOOD FOR

Female Reproductive System

Endocrine System

Adrenals

SIZE 100 Capsules

ITEM # 1230

SERVING 2

SUPPLY 16 days

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

— How the Key Ingredients Work

C-X brings together six time-honored botanicals — each chosen for the role it plays in supporting women's wellness, from hormonal balance and digestive comfort to everyday energy and calm. Together they form a well-rounded formula that works with your body, not against it.

Dong Quai Root — Known for centuries in traditional Chinese medicine as a 'female tonic,' dong quai has been used for over 2,000 years to support menstrual regularity and ease the transition through perimenopause and menopause. Traditional herbalists valued it for nourishing the blood and helping the body find its natural rhythm during hormonal shifts.

Black Cohosh — One of the most researched botanicals for women's hormonal health, black cohosh has been studied in multiple clinical trials for its ability to support comfort during menopause. It works through pathways in the brain rather than acting like estrogen, and research also points to its role in supporting healthy bone formation and easing anxiety tied to hormonal changes.

Eleuthero — Sometimes called Siberian ginseng, eleuthero is a classic adaptogen — meaning it helps your body handle everyday stress more gracefully. Research shows it supports healthy cortisol levels, helps maintain stamina and mental endurance, and may assist with blood sugar balance. It also brings antioxidant support, helping protect cells from daily wear and tear.

Licorice Root — Far more than a candy flavor, licorice root has a long history of supporting digestive comfort. It has been studied as part of formulas that ease heartburn, acid reflux, and abdominal discomfort. It helps maintain the integrity of the gut lining and has natural soothing properties that can calm an unsettled stomach after meals.

Sarsaparilla — Sarsaparilla has been used across the Americas and Asia for centuries to support joint comfort and overall wellness. Modern research confirms it carries antioxidant compounds that help neutralize free radicals, and animal studies show anti-inflammatory activity relevant to joint health. Traditional herbalists also valued it for supporting healthy blood pressure and immune balance.

Blessed Thistle — A classic European bitter herb, blessed thistle is approved by Germany's Commission E for supporting healthy appetite and easing digestive discomfort including bloating, gas, and indigestion. It works by gently stimulating the body's natural digestive secretions, helping your stomach do its job more efficiently. It also provides antioxidant compounds from its flavonoids and polyphenols.

Squawvine — Used by Native American and Eclectic herbalists for generations, squawvine — also called partridge berry — has a gentle, nurturing reputation in women's herbal traditions. Folk medicine valued it as a nervous tonic to ease irritability and support a sense of calm. Traditional practitioners also used it to support lactation and overall reproductive wellness.

 (888) 510-7196
 service@caringsunshine.com

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