



NATURE'S SUNSHINE

P-X

GOOD FOR

Urinary System

Kidneys

Bladder

SIZE **100 Capsules**ITEM # **1234**SERVING **2**SUPPLY **16 days**

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

— How the Key Ingredients Work

P-X brings together eight time-honored herbs chosen to support a healthy urinary tract, comfortable fluid balance, and whole-body wellness. Each ingredient plays its own role, working together so your kidneys, bladder, and digestive system all get a little extra care every day.

Bearberry (Uva Ursi) — Bearberry has been a go-to urinary herb in both European and Native American traditions for centuries. Its key compound, arbutin, travels to the urinary tract where it helps keep things clean and balanced. A double-blind study even found it helped women maintain a healthy bladder environment over time.

Juniper Berries — Juniper berries have been used across Europe for generations to help the body flush excess fluid and support the urinary tract. Recognized by European health authorities as a traditional diuretic herb, juniper helps encourage healthy urine flow and keeps the bladder and kidneys feeling their best.

Queen of the Meadow (Meadowsweet) — Known in folk tradition as a soothing, comforting herb, queen of the meadow brings well-documented antioxidant and anti-inflammatory properties to this formula. Pre-clinical studies show it helps calm the body's inflammatory response, and European health authorities recognize it for supporting minor joint and body discomfort alongside its protective plant compounds.

Marshmallow Root — Marshmallow root lives up to its healing name — the word 'Althaea' literally means 'to heal' in Greek. The German Commission E approved it for soothing mild stomach lining irritation, and research shows its natural compounds help calm inflammation and support the body's antioxidant defenses, making it a gentle, nurturing addition to any cleanse formula.

Parsley — Parsley is far more than a garnish. It is one of the richest herbal sources of protective flavonoids and carotenoids, which act as free-radical fighters in the body. Studies in animals and lab settings show parsley supports healthy blood pressure, helps keep arteries comfortable, and may even help maintain healthy platelet activity — all from a familiar kitchen herb.

Ginger — Ginger has been trusted for over 2,500 years to keep the digestive system running smoothly. Clinical research shows it helps speed up the stomach's natural emptying process, eases bloating and abdominal discomfort, and may even help with occasional heartburn. Its active compounds are also well-known antioxidants that help the body handle everyday stress.

Goldenseal — Goldenseal is a native North American herb with a long history of use, and its main active compound, berberine, has been studied extensively. Research shows berberine has natural antifungal properties — particularly against Candida — and has been shown in multiple clinical trials to support healthy blood sugar and blood pressure levels in people with metabolic concerns.

Capsicum (Cayenne) — Capsicum, the plant behind everyday chili peppers, does a lot more than add heat. Its active compound capsaicin has been shown in a placebo-controlled clinical trial to reduce stomach discomfort and nausea. Research also shows capsicum helps support healthy appetite, encourages the body to burn a little more energy, and delivers antioxidant vitamins C and E alongside protective carotenoids.

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