



NATURE'S SUNSHINE

Bone/Skin Poultice

GOOD FOR

Musculoskeletal System

Connective Tissue

Hair, Skin & Nails (Integumentary)

SIZE **100 Capsules**

ITEM # **1248**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

Bone/Skin Poultice brings together four carefully chosen botanicals — each with a long history of traditional use and growing research support — to nourish the body from the outside in, helping maintain strong bones, resilient skin, and everyday comfort.

Plantain (Plantago major) — Broadleaf plantain has been trusted in folk herbalism for centuries, and modern research backs up its reputation. Its natural plant compounds show strong free-radical-fighting activity in lab studies, helping the body defend against everyday oxidative stress. Traditionally applied to the skin, it's also been studied for soothing bronchial irritation and supporting overall wellness.

Rehmannia Glutinosa — Known in traditional Chinese herbalism as Di Huang, rehmannia root is one of the most celebrated tonics in Eastern medicine. Preclinical studies show its compounds help support healthy bone mineral density by encouraging bone-building cells while keeping bone-breakdown activity in check — making it a standout ingredient in any bone-focused formula.

Mullein (Verbascum thapsus) — Mullein's large, velvety leaves have been used in European and American folk medicine for generations, especially for respiratory comfort. Its natural mucilage gently soothes irritated tissues, while its plant compounds have shown anti-inflammatory activity in laboratory studies, helping to calm the body's overactive responses to everyday stressors.

Yarrow (Achillea millefolium) — Named after the legendary hero Achilles, yarrow is one of humanity's oldest botanical allies. Rich in flavonoids and phenolic acids, it consistently ranks as a strong antioxidant in research reviews. It's also officially recognized by the German Commission E for supporting healthy digestion and appetite, rounding out its whole-body wellness profile.

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