



NATURE'S SUNSHINE

Joint Health (Ayurvedic)

GOOD FOR

Musculoskeletal System

Joints

Connective Tissue

SIZE **100 Capsules**

ITEM # **1296**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

This Ayurvedic-inspired blend brings together time-tested herbs from India and beyond, each chosen to help your joints feel comfortable, your body move freely, and your natural defenses stay strong. Together they work as a team — calming everyday inflammation, feeding your tissues with antioxidants, and supporting the whole-body balance that healthy joints depend on.

Indian Frankincense (Boswellia serrata) — The standout star for joint comfort in this formula. Clinical trials — including a review of seven studies — show it helps reduce everyday joint pain and stiffness while supporting better movement. Benefits have even been shown to last well after a course of use, making it a cornerstone of Ayurvedic joint care.

Ashwagandha — One of Ayurveda's most celebrated herbs, ashwagandha helps the body handle stress — and chronic stress can quietly wear joints down over time. It also supports healthy antioxidant defenses and has been used for thousands of years to promote strength, vitality, and overall resilience throughout the body.

Commiphora (Guggul) — Sourced from the resin of the Commiphora mukul tree, guggul has a long Ayurvedic history of supporting joint health. A clinical outcomes study found it helpful for knee osteoarthritis, and animal research shows its anti-inflammatory strength is comparable to well-known over-the-counter options. It also helps fight oxidative stress.

Paederia foetida — Known in Ayurveda and Indian tribal traditions for supporting joints and easing rheumatic discomfort, Paederia foetida has documented anti-arthritis activity going back to the 1960s. More recent research confirms it works through anti-inflammatory and tissue-protective pathways, and it also provides meaningful antioxidant support.

Tinospora cordifolia (Guduchi) — Called 'amrita' — meaning immortality — in Sanskrit, guduchi is a prized Ayurvedic vine that helps the body's natural defenses stay balanced. It supports healthy antioxidant enzyme levels, helps the body manage oxidative stress in multiple tissues, and has a long traditional role in formulas aimed at joint and immune wellness.

Smilax (Sarsaparilla) — Sarsaparilla root has been used across cultures for joint and inflammatory concerns for centuries. Its flavonoids show strong antioxidant activity, and research on its key compound astilbin highlights a role in supporting a balanced immune response — particularly relevant when joints are under stress from everyday immune activity.

Punarnava (Boerhavia diffusa) — Punarnava means 'one that renews the body' in Sanskrit, and this spreading herb lives up to its name. It has shown anti-arthritis activity in research models, reducing joint swelling and inflammatory markers. Traditional Ayurvedic formulas specifically use punarnava for arthritis and neuralgia, and it also contributes antioxidant compounds including quercetin and kaempferol.

Celery (Apium graveolens) — Celery seed has a respected place in Unani and Ayurvedic medicine as a remedy for rheumatism and joint discomfort. Its natural compounds help support a healthy inflammatory response in the joints and blood vessels, and a systematic review confirmed its powerful antioxidant profile — a useful layer of protection for active, working joints.

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