



NATURE'S SUNSHINE

Capsicum

GOOD FOR

Digestive System

Cardiovascular system

Stomach

SIZE **100 Capsules**

ITEM # **160**

SERVING **1**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 1 capsule four times daily with food.

— How the Key Ingredients Work

Capsicum harnesses the natural power of chili peppers — one of the world's most studied botanicals — to support your digestive comfort, help manage your appetite, and bring antioxidant goodness to your daily routine. Rooted in centuries of traditional use and backed by modern research, this single-ingredient formula works with your body in a surprisingly gentle, well-rounded way.

Capsicum – Digestive Comfort Support — Struggling with that uncomfortable, heavy feeling after meals? Research shows that capsicum taken regularly can help ease epigastric discomfort, reduce nausea, and support overall digestive ease. It works by gradually calming the nerve signals in your gut that send pain messages, helping your stomach feel more settled over time.

Capsicum – Appetite & Satiety Support — Capsicum contains natural compounds called capsaicinoids that help your body feel fuller, faster. Studies suggest it can support healthy appetite control by encouraging your body to release natural 'I'm full' signals while gently dialing back hunger hormones — a helpful nudge toward mindful, balanced eating habits.

Capsicum – Antioxidant Defense — Capsicum fruits are naturally loaded with vitamins C and E, plus carotenoids — all well-known antioxidant nutrients. Together, these compounds help your body defend itself against everyday oxidative stress, supporting your cells and tissues so they can keep doing their jobs well day after day.

Capsicum – Thermogenic Metabolic Support — One of capsicum's most talked-about benefits is its ability to gently raise the body's internal heat production — a process called thermogenesis. This natural warming effect supports your metabolism and energy balance, making capsicum a popular choice for those looking to complement an active, health-conscious lifestyle.

Capsicum – Heartburn & Reflux Comfort — It might sound surprising, but regular capsicum use may actually help ease heartburn over time. While a single spicy meal can temporarily irritate sensitive stomachs, consistent exposure to capsicum's active compounds appears to help calm the nerve fibers in the esophagus, potentially reducing the intensity of reflux discomfort with continued use.

Capsicum – Gut Nerve Sensitivity Support — Capsicum's active compounds interact with specific nerve receptors throughout the digestive tract. With repeated, consistent use, this interaction appears to help retrain overly sensitive gut nerves — offering meaningful comfort for people who deal with recurring digestive unease, bloating, or discomfort tied to functional digestive concerns.

Capsicum – Vitamin C & Immune Nourishment — Beyond its fiery reputation, capsicum is genuinely one of nature's richest sources of vitamin C. This essential nutrient plays a key role in supporting your immune system, helping your skin stay healthy, and assisting your body in absorbing other important nutrients — all from one simple, natural source.

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