



NATURE'S SUNSHINE

Liquid Chlorophyll

GOOD FOR

Blood

Immune System

Lymphatic System

SIZE **32 oz**ITEM # **1689**SERVING **30 mL**SUPPLY **31 days**

DIRECTIONS FOR USE Take 2 tablespoons (30 mL) in an 8 fl oz glass of cold water daily. Refrigerate after opening.

— How the Key Ingredients Work

Liquid Chlorophyll combines the power of nature's most celebrated green pigment with refreshing spearmint leaf to support your body from the inside out. Together these two plant-based ingredients work gently and naturally to help you feel cleaner, fresher, and more balanced every day.

Chlorophyll — Think of chlorophyll as the life force behind every green plant on earth — and now it's working for you. As a natural free radical fighter, it helps protect your cells from everyday oxidative stress, supports clearer-looking skin, and may even help your body feel more balanced after meals by supporting healthy blood sugar responses.

Chlorophyll – Skin Clarity Support — Small human studies have explored chlorophyll's role in supporting clearer skin, including its use in topical and ingestible forms for acne-prone skin. Whether you're dealing with occasional breakouts or just want a healthy glow, chlorophyll's natural properties make it a gentle ally for your complexion.

Chlorophyll – Appetite & Satiety — Research on thylakoids — the tiny chlorophyll-rich structures inside green leaves — suggests they may help you feel fuller for longer after meals. Multiple human clinical trials found that thylakoid supplementation helped increase feelings of fullness and reduced the urge to snack, making this a naturally supportive choice for mindful eating habits.

Chlorophyll – Antioxidant Defense — Chlorophyll is a well-documented free radical scavenger, meaning it helps neutralize the unstable molecules that can wear your cells down over time. This antioxidant action is one of the key reasons chlorophyll has been studied so widely — it supports your body's natural defenses in a simple, plant-powered way.

Chlorophyll – Blood Sugar Balance — Studies on chlorophyll-containing plant compounds suggest they may help moderate the blood sugar spikes that can follow a carbohydrate-rich meal, as well as help prevent the energy crashes that come after. Supporting steadier blood sugar levels throughout the day is a quiet but meaningful way chlorophyll looks after your overall wellness.

Spearmint Leaf — Spearmint isn't just a flavor — it's a time-honored herb with a long history of traditional use across cultures from Iran to Morocco to the Mediterranean. Rich in natural plant compounds including rosmarinic acid and flavonoids, spearmint leaf brings both a refreshing taste and meaningful wellness support to every serving of this formula.

Spearmint Leaf – Digestive Comfort — Spearmint has been used for generations to soothe an unhappy tummy, and modern research gives us good reason to trust that tradition. Natural compounds in spearmint have been shown to help relax the smooth muscles of the digestive tract, which may ease occasional abdominal discomfort, cramping, and that uncomfortable bloated feeling after eating.

Spearmint Leaf – Antioxidant Power — Spearmint leaf is packed with rosmarinic acid, quercetin, luteolin, and other plant-based antioxidants that have shown strong free radical-fighting activity in validated laboratory studies. Animal research has also confirmed that spearmint can help reduce markers of oxidative stress in the body, making it a powerful complement to chlorophyll's own antioxidant benefits.

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