



NATURE'S SUNSHINE

Lobelia Essence

GOOD FOR

Respiratory System

Nervous System

Hair, Skin & Nails (Integumentary)

SIZE **2 fl oz**

ITEM # **1765**

DIRECTIONS FOR USE Add to baths, relaxing poultices or other external applications.

— How the Key Ingredients Work

Lobelia Essence brings together two time-honored natural ingredients — Lobelia inflata and apple cider vinegar — to support your body's sense of balance and well-being. This thoughtfully crafted formula draws on both traditional herbal wisdom and modern research to help you feel your best day to day.

Lobelia (Lobelia inflata) — Known for centuries as Indian tobacco, lobelia is a flowering herb native to eastern North America with a long history in traditional herbal practice. Herbalists have relied on it for generations to support the body during times of stress and imbalance, and modern researchers continue to explore its wide range of potential wellness benefits.

Lobelia — Mood & Emotional Balance — Early research suggests lobelia may support a more positive mood. Compounds found in the plant have been studied for their potential to influence the brain chemicals associated with how we feel day to day, offering a natural avenue for those looking to support their emotional well-being as part of a balanced lifestyle.

Lobelia — Focus & Mental Clarity — Lobelia has been the subject of early human studies looking at attention and working memory. A small proof-of-concept study found modest improvements in working memory among adults, suggesting this herb may play a supportive role in helping you stay sharp and mentally engaged throughout the day.

Lobelia — Habit & Craving Support — Lobelia has a long history of being explored as a support tool for those working through unwanted habits and cravings. Its naturally occurring compounds interact with some of the same receptors involved in cravings, making it a traditional go-to herb for those seeking a little extra support when trying to make positive lifestyle changes.

Lobelia — Traditional Skin & Topical Use — 19th-century herbal practitioners known as Eclectic physicians used lobelia poultices directly on the skin to help soothe irritation and support the body's natural healing process. This traditional topical use, documented in classic herbal references like King's American Dispensatory, speaks to lobelia's longstanding reputation as a versatile wellness herb.

Lobelia — A Rich Botanical Heritage — Named in honor of botanist Matthias de Lobel — private physician to King James I — lobelia belongs to a genus of more than 450 flowering plant species found across tropical and temperate regions worldwide. This rich botanical heritage reflects just how widely valued this plant family has been across cultures and centuries of herbal tradition.

Apple Cider Vinegar — Made from crushed apples and their naturally fermented juice, apple cider vinegar (ACV) has been a kitchen and wellness staple for generations. Its key active component is acetic acid, and it also contains a variety of plant-based compounds that contribute to its well-rounded health-supporting properties.

Apple Cider Vinegar — Antioxidant Support — ACV contains a range of plant compounds — including gallic acid, catechins, caffeic acid, and ferulic acid — that help the body defend itself against everyday oxidative stress. A clinical study found that ACV significantly improved the body's free-radical fighting capacity, helping to protect cells from the wear and tear of daily life.

 (888) 510-7196  service@caringsunshine.com

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