



NATURE'S SUNSHINE

Licorice Root Extract

GOOD FOR

Respiratory System

Liver

Lungs

SIZE **2 fl oz**

ITEM # **1780**

SERVING **1 mL**

SUPPLY **20 days**

DIRECTIONS FOR USE Take approximately 20-25 drops (1 mL) three times daily with water.

— How the Key Ingredients Work

Licorice Root Extract brings together centuries of traditional use and modern research to support your digestive comfort, skin health, and everyday wellness. This time-honored botanical works gently with your body to help keep things running smoothly from the inside out.

Licorice Root (Glycyrrhiza glabra) — Digestive Comfort

Support — One of nature's most celebrated digestive herbs, licorice root has been shown in clinical studies to help ease abdominal discomfort and reduce common tummy troubles. It helps support the gut lining, keeps digestive activity balanced, and may help calm occasional cramping and irregularity.

Licorice Root — Heartburn & Acid Reflux Relief

— A specialized form of licorice extract called DGL (deglycyrrhized licorice) has been studied in placebo-controlled trials and shown to meaningfully reduce heartburn and regurgitation. It works by supporting the natural protective lining of the esophagus and stomach, helping you feel more comfortable after meals.

Licorice Root — Stomach Lining Protection

— Research shows licorice root helps maintain the integrity of the stomach's protective inner lining. By supporting this natural barrier, it may help shield the stomach from everyday irritants and keep digestive tissues healthy and resilient over time — a key reason it has been trusted for digestive wellness for thousands of years.

Licorice Root — Gut Comfort Blend (Iberogast Support)

— Licorice root is a key ingredient in the well-researched herbal blend Iberogast, where multiple clinical trials have confirmed its role in reducing abdominal discomfort and supporting healthy bowel function. Its antispasmodic properties help ease tension in the digestive tract, promoting a calmer, more comfortable gut experience.

Licorice Root — Skin Clarity & Acne Support

— Applied topically, licorice extracts have been studied for their ability to calm skin inflammation and support a clearer complexion. A double-blind study using a 2% licorice gel reported visible improvement in mild-to-moderate facial acne compared to placebo, making it a gentle, plant-based option for skin that needs a little extra care.

Licorice Root — Anti-Inflammatory Skin Benefits

— Active compounds found naturally in licorice root, including those with anti-inflammatory and antimicrobial properties, have been shown to help address some of the underlying factors that contribute to acne and skin irritation. These compounds work at the skin level to help reduce redness and support a more even, healthy-looking complexion.

Licorice Root — Hormonal Balance & Cortisol Support

— Licorice root contains a natural compound called glycyrrhizin that helps the body make better use of its own cortisol — the hormone that helps us manage stress and maintain energy. Research published in a peer-reviewed endocrinology journal found that this mechanism can meaningfully influence how the body regulates its natural cortisol levels.

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