



NATURE'S SUNSHINE

Chlorophyll Stick Pack

Non-GMO

Dairy Free

Soy Free

Keto Friendly

No Sugar

GOOD FOR

Digestive System

Immune System

Colon (Large Intestine)

SIZE **Lime Twist**

ITEM # **23535**

SERVING **1**

SUPPLY **30 days**

— How the Key Ingredients Work

This convenient stick pack blends the natural power of chlorophyll with gut-friendly inulin and naturally sweet stevia leaf extract to support your body from the inside out. Together, these three ingredients work as a team to help you feel refreshed, balanced, and nourished every single day.

Chlorophyll — Think of chlorophyll as nature's own green cleanser. It's the pigment that makes plants green, and when you drink it, it acts as a powerful antioxidant — helping your body neutralize the everyday free radicals that can wear cells down over time. It also supports healthy-looking skin and has been studied for its role in helping the body manage blood sugar levels after meals.

Chlorophyll – Antioxidant Support — Chlorophyll's natural structure makes it a capable free radical fighter. Free radicals are unstable molecules that build up from stress, pollution, and normal metabolism. By helping to neutralize them, chlorophyll supports your body's natural defenses and contributes to overall cellular wellness — a quiet but important job happening every time you sip.

Chlorophyll – Skin Wellness — Research has looked at chlorophyll and its close cousin sodium copper chlorophyllin in connection with clearer-looking skin. Small human studies suggest it may help reduce the appearance of blemishes and support a more even complexion — making it a beauty-from-within ingredient that pairs nicely with your regular skincare routine.

Chlorophyll – Appetite & Satiety — Chlorophyll is found inside tiny leaf structures called thylakoids, and these structures have been studied in multiple human clinical trials. A 2020 review of eight randomized controlled trials found that thylakoid supplementation consistently helped people feel fuller after meals and reduced the urge to snack — a helpful nudge toward mindful eating habits.

Chlorophyll – Blood Sugar Balance — Thylakoids — the chlorophyll-rich membranes inside plant cells — have shown an ability to help smooth out blood sugar spikes after carbohydrate-rich meals in human and animal studies. They also appeared to help prevent the sharp dip in blood sugar that can follow a spike, supporting more stable energy levels throughout the day.

Inulin — Inulin is a naturally occurring fiber found in roots, bulbs, and fruits of many plants. Because your body can't digest it directly, it travels to your gut where friendly bacteria feast on it — producing beneficial compounds that support digestive health, help you feel satisfied after eating, and contribute to overall gut balance. It's a quiet workhorse in this formula.

Inulin – Gut & Digestive Comfort — As a prebiotic fiber, inulin feeds the beneficial bacteria already living in your digestive tract. This gentle fermentation process helps maintain a healthy microbial environment in the gut. Most people tolerate everyday amounts well, and supporting a balanced gut microbiome is one of the most impactful things you can do for your overall health and comfort.

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