



NATURE'S SUNSHINE

Garlic

GOOD FOR

Immune System

Cardiovascular system

Blood

SIZE **100 Capsules**

ITEM # **290**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Garlic has been treasured for thousands of years as both a kitchen staple and a natural wellness ally. This formula harnesses the full power of the garlic bulb to help your body stay strong, balanced, and resilient every day.

Garlic Bulb – Antioxidant Defense — Every day your body faces stress from the environment and everyday life. Garlic bulb contains natural compounds that help neutralize harmful free radicals and support your body's own built-in defenses, helping you feel your best and keep oxidative stress in check.

Garlic Bulb – Heart & Arterial Health — Keeping your arteries flexible and your circulation flowing smoothly is one of garlic's best-known strengths. Studies show garlic supplementation can support healthier arterial function and help maintain normal blood pressure levels, making it a time-honored ally for cardiovascular wellness.

Garlic Bulb – Immune Support — Garlic has been used across cultures for centuries as a go-to remedy when the body needs a little extra protection. Its natural sulfur-rich compounds are believed to help the immune system stay alert and ready, supporting your body's ability to fend off everyday challenges.

Garlic Bulb – Joint Comfort — Feeling stiff or achy? Garlic contains natural compounds that have been studied for their ability to help calm the body's inflammatory response. Research suggests garlic may support more comfortable joints and help ease discomfort associated with everyday inflammation.

Garlic Bulb – Skin & Nail Wellness — Garlic's naturally occurring active compounds have shown real antifungal muscle in clinical research. Studies using garlic-derived preparations on common fungal skin concerns — like athlete's foot — found results comparable to leading antifungal treatments, pointing to garlic's role in supporting healthy skin.

Garlic Bulb – Circulation Support — Good circulation is the foundation of whole-body wellness. Garlic has a long tradition of being used to support healthy blood flow, and modern research backs this up — showing that garlic supplementation can contribute to better vascular tone and overall circulatory health.

Garlic Bulb – Digestive Wellness — Garlic has been used traditionally to support a healthy digestive system. Its natural compounds may help maintain a balanced environment in the gut, supporting comfortable digestion and overall gastrointestinal wellness as part of a healthy daily routine.

Garlic Bulb – Respiratory Support — From ancient herbalists to modern kitchens, garlic has long been associated with keeping the airways clear and the respiratory system strong. Its natural compounds are thought to help support the body during seasonal challenges and promote overall respiratory comfort.

Garlic Bulb – Energy & Vitality — Garlic has traditionally been prized not just for protection but for promoting overall vitality and stamina. By helping the body manage oxidative stress and supporting healthy circulation, garlic may contribute to the kind of steady, everyday energy that keeps you going strong.

 (888) 510-7196  service@caringsunshine.com

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