



NATURE'S SUNSHINE

7-Keto

GOOD FOR

Endocrine System

Thyroid Gland

Immune System

SIZE **30 Capsules**

ITEM # **2922**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule daily with a meal.

— How the Key Ingredients Work

7-Keto brings together two naturally sourced ingredients — 7-Keto-DHEA and chickweed — to help your body maintain a healthy metabolism, manage weight, and support everyday wellness from the inside out. This formula is designed to work with your body's own processes, not against them.

7-Keto-DHEA — 7-Keto-DHEA is a naturally occurring compound your body makes on its own — mainly in the adrenal glands and skin — but levels tend to drop as you get older. Supplementing with it may help support your resting metabolic rate, meaning your body keeps burning energy efficiently even when you're cutting back on calories. Clinical studies using 100–200 mg per day suggest it can help with weight management and body composition, particularly when paired with a healthy lifestyle. Unlike regular DHEA, 7-Keto does not convert into sex hormones, so it supports metabolism without unwanted hormonal effects. It has also been studied for its role in helping the body maintain a healthy cortisol balance and supporting immune function as part of healthy aging.

Chickweed — Chickweed — the common garden herb known scientifically as *Stellaria media* — has a long history of use in both Western herbalism and traditional Chinese medicine. Animal studies suggest it may help reduce fat storage and support healthy body weight by slowing the breakdown and absorption of dietary fats. It also contains natural plant compounds like flavonoids and phenolic acids that have been shown in lab studies to fight oxidative stress and calm inflammation in cells. Traditionally, chickweed has also been used to soothe skin irritation and support a healthy inflammatory response throughout the body.

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