



NATURE'S SUNSHINE

Fat Grabbers

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **180 Capsules**

ITEM # **3028**

SERVING **4**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 4 capsules with a meal three times daily.

— How the Key Ingredients Work

Fat Grabbers combines three time-honored natural ingredients — a gel-forming fiber, a traditional herb, and a plant-sourced fat helper — to support healthy digestion, appetite comfort, and the way your body handles dietary fats. Together they work gently and naturally, meal after meal.

Psyllium Husk — Psyllium is the star of this formula. When it reaches your stomach it absorbs water and swells into a soft, thick gel. That gel slows things down in a good way — helping you feel fuller longer, easing the digestive journey, and supporting comfortable, regular bowel movements. It has strong research backing for helping people feel satisfied after meals.

Psyllium & Appetite Comfort — Because psyllium forms such a large, filling gel in the gut, it naturally helps curb the urge to overeat. Research shows it encourages the body to release signals that say 'I'm full,' making it easier to feel content with a sensible meal and avoid reaching for extra snacks between eating occasions.

Psyllium & Digestive Ease — Psyllium's soluble fiber has been studied extensively for soothing an unhappy digestive tract. Meta-analyses show it can meaningfully improve common complaints like bloating and abdominal discomfort, especially in people whose digestion tends to be unpredictable. It works gently, without the harsh effects sometimes linked to rougher fiber sources.

Psyllium & Stool Comfort — One of psyllium's most well-known roles is softening stools so they pass easily and without straining. This is why fiber experts and colorectal health guidelines often recommend it as a first-line, natural approach for keeping things moving comfortably — a benefit that also supports the delicate tissue of the lower digestive tract.

Psyllium & Blood Pressure Balance — Beyond digestion, psyllium has been studied for its effect on blood pressure. A 2024 review of multiple controlled trials found that regular psyllium use was linked to meaningful reductions in systolic blood pressure, adding another layer of whole-body wellness support to this already versatile fiber.

Chickweed — Chickweed (*Stellaria media*) is a delicate flowering herb with a long history in both Western and traditional Chinese herbalism. Its tiny star-shaped blossoms gave rise to its botanical name, and generations of herbalists have turned to it for skin comfort and overall wellness. Today, lab studies are beginning to explore what traditional users have long observed.

Chickweed & Healthy Weight Support — Animal studies have shown that chickweed extracts can help reduce body weight and fat accumulation, with researchers pointing to its ability to gently slow the activity of fat-digesting enzymes and reduce appetite signals. While human trials are still needed, its traditional reputation as a weight-management herb is well documented across cultures.

Chickweed & Antioxidant Defense — Lab studies on chickweed extracts show they can actively neutralize harmful free radicals — the unstable molecules that build up from everyday stress, pollution, and normal metabolism. The plant's natural flavonoids and phenolic compounds are the key players here, helping protect cells from oxidative wear and tear over time.

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