



NATURE'S SUNSHINE

Alfalfa

GOOD FOR

Blood

Immune System

Musculoskeletal System

SIZE **100 Capsules**

ITEM # **30**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Alfalfa has been treasured for centuries as one of nature's most complete plant foods, packed with vitamins, minerals, and plant compounds that work together to support your body from the inside out. This time-honored herb brings together a remarkable range of nutrients to help you feel your best every day.

Alfalfa – Antioxidant Defense — Alfalfa is loaded with natural plant compounds — including flavonoids, chlorophyll, and vitamins C and E — that help your body fight everyday oxidative stress. These nutrients support your body's own built-in defenses, helping to keep cells healthy and resilient against the wear and tear of daily life.

Alfalfa – Arterial Health — The natural saponins found in alfalfa have been studied for their ability to support healthy arteries. Research in animal models shows these compounds may help protect the arterial walls and support healthy circulation, making alfalfa a time-honored choice for those looking to care for their cardiovascular system naturally.

Alfalfa – Blood Sugar Balance — Alfalfa has a long traditional history as a plant used to help maintain healthy blood sugar levels. Limited human research, alongside consistent animal studies, suggests it may help support a more balanced blood sugar response after meals — a gentle, natural way to complement a healthy lifestyle and diet.

Alfalfa – Cholesterol Support — Alfalfa seeds and extracts have been studied for their ability to support healthy cholesterol levels. The natural saponins in alfalfa appear to help reduce the amount of cholesterol absorbed in the gut, and small human trials have shown encouraging results for maintaining healthy LDL cholesterol and overall lipid balance.

Alfalfa – Rich Nutritional Profile — Often called the 'father of all foods,' alfalfa earns its nickname with an impressive lineup of vitamins, minerals, and plant nutrients. It provides a broad-spectrum nutritional foundation that can help fill everyday dietary gaps, supporting overall vitality and making it a wonderful complement to a balanced diet.

Alfalfa – Chlorophyll Content — Alfalfa is one of the richest plant sources of chlorophyll — the green pigment that gives the plant its vibrant color. Chlorophyll is valued in traditional wellness for its cleansing and nourishing properties, and it contributes to alfalfa's well-known antioxidant activity, helping support a feeling of inner freshness and vitality.

Alfalfa – Flavonoids & Phenolic Acids — The flavonoids and phenolic acids naturally present in alfalfa are key players in its antioxidant power. These plant compounds have demonstrated free-radical scavenging activity in research settings, meaning they help neutralize unstable molecules that can otherwise contribute to everyday cellular stress and aging.

Alfalfa – Vitamin C & E Support — Alfalfa is a natural source of both vitamin C and vitamin E, two well-known nutrients that play important roles in supporting immune health and protecting the body from oxidative stress. Getting these vitamins from a whole-plant source like alfalfa means they come packaged alongside a full spectrum of complementary nutrients.

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