



NATURE'S SUNSHINE

Echinacea / Golden Seal

GOOD FOR

Immune System

Respiratory System

Lymphatic System

SIZE **2 fl oz**

ITEM # **3180**

SERVING **1 mL**

SUPPLY **19 days**

DIRECTIONS FOR USE **Adults: Take 1 mL (approximately 15-20 drops) in water with a meal three times daily.**

— How the Key Ingredients Work

Echinacea and Goldenseal have been trusted by herbalists for generations — and today's research helps explain why. Together, they bring complementary strengths to your immune system, respiratory health, and whole-body balance.

Echinacea Purpurea (Aerial Parts) — The purple coneflower is one of the most studied herbs in the world for immune support. Echinacea purpurea helps prime your body's natural defenses, and research shows it may help reduce how long and how hard respiratory bugs hit you. It's a go-to herb when you feel something coming on.

Echinacea Purpurea (Root) — The root of the purple coneflower carries a rich concentration of the plant's active compounds. Traditionally used by Native American herbalists for generations, the root works alongside the aerial parts to give you a fuller spectrum of echinacea's well-known immune-supporting benefits.

Goldenseal Root (Hydrastis canadensis) — Goldenseal is a native North American herb with a long history of use for wellness support. Its key active compound, berberine, has been studied for its ability to help the body resist unwanted microbes — including certain fungi and yeast — and research suggests it may also support healthy blood sugar and blood pressure levels already in the normal range.

Echinacea Purpurea — Antioxidant Support — Beyond immune defense, echinacea purpurea has been shown in laboratory studies to help neutralize free radicals — the unstable molecules that can wear on your cells over time. Its naturally occurring caffeic acid derivatives are among the compounds credited with this protective, antioxidant activity.

Echinacea Purpurea — Skin Clarity — Research shows that standardized echinacea purpurea extract can target the bacteria associated with acne and help calm the skin's inflammatory response to it. European herbal authorities have recognized mild acne among the traditional indications for this herb, making it a quiet ally for clearer-looking skin.

Echinacea Purpurea — Respiratory & Bronchial Health — When it comes to the lungs and airways, echinacea purpurea has some of the strongest research behind it. Multiple clinical trials and reviews point to meaningful reductions in the duration and severity of respiratory infections. It's a well-earned reputation for anyone who wants to breathe easier through cold and flu season.

Goldenseal — Yeast & Candida Balance — Goldenseal's berberine has been studied in laboratory settings for its effects against Candida albicans and related yeast. Research suggests it can interfere with how yeast cells attach and form protective colonies, making goldenseal a popular choice in formulas designed to support a healthy microbial balance in the body.

Goldenseal — Blood Sugar Balance — Berberine, the primary active compound in goldenseal, has been studied extensively for its role in supporting healthy blood sugar levels. Multiple clinical trials have looked at its effects on fasting glucose and related markers. Note that the amount of berberine your body absorbs from goldenseal supplements can vary.

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