



NATURE'S SUNSHINE

Activated Charcoal

Non-GMO

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **120 Capsules**

ITEM # **366**

SERVING **4-8**

SUPPLY **15-30 days**

DIRECTIONS FOR USE Take four to eight capsules once daily with water at least two hours after or one hour before eating a meal.

— How the Key Ingredients Work

Activated charcoal works like a magnet inside your digestive tract — its incredibly porous surface latches onto unwanted substances before your body can absorb them, then carries them out naturally. It's a simple, time-tested approach to feeling cleaner and more comfortable every day.

Activated Charcoal (Digestive Comfort) — When gas builds up and your belly feels bloated and uncomfortable, activated charcoal may help. Studies show it can reduce intestinal gas and the bloating that comes with it, helping your digestive system feel calmer and more settled after meals.

Activated Charcoal (Diarrhea Relief) — A randomized, double-blind study on 100 adults found that activated charcoal significantly reduced stool frequency and duration during bouts of nonspecific diarrhea. It works by binding to bacterial toxins and other irritants in the gut, helping things return to normal more quickly.

Activated Charcoal (Cholesterol Support) — Clinical trials show that taking activated charcoal orally can reduce total and LDL cholesterol levels in people with elevated cholesterol. It does this by interrupting the way bile acids are recycled in the body, which encourages the liver to use up more circulating cholesterol to make new bile.

Activated Charcoal (Body Odor) — For people who struggle with persistent or unusual body odor — including those with a condition called fish odor syndrome — activated charcoal may offer real relief. A published study found that oral activated charcoal reduced the compounds responsible for the odor, helping people feel fresher and more confident day to day.

Activated Charcoal (Adsorption Power) — What makes activated charcoal so unique is its extraordinary surface area. A single gram contains a vast network of tiny pores that can trap and hold unwanted substances. This physical property — not a chemical reaction — is what allows it to do its job so effectively throughout the digestive tract.

Activated Charcoal (Gut Toxin Binding) — Inside the intestines, activated charcoal acts like a sponge for things you don't want your body absorbing. It latches onto bacterial toxins and other irritants in the gut lumen, holding them in place so they pass out of the body rather than being taken up into the bloodstream.

Activated Charcoal (Natural & Inert) — Activated charcoal is biologically inert, meaning it doesn't get broken down or absorbed by the body itself. It simply passes through the digestive system doing its work, then exits naturally — making it a straightforward, non-reactive option for digestive and cleansing support.

Activated Charcoal (Bile Acid Cycle) — One of the ways activated charcoal supports healthy cholesterol levels is by interfering with the normal recycling of bile acids in the gut. When those acids are bound up and removed, the liver has to draw on cholesterol from the blood to produce more — a natural process that helps bring levels down over time.

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