



NATURE'S SUNSHINE

Lemon

GOOD FOR

Immune System

SIZE 15 ml

ITEM # 3848

DIRECTIONS FOR USE Diffuse in a room to elevate mood. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

— How the Key Ingredients Work

Lemon brings together natural vitamin C, protective plant compounds, and a refreshing citrus profile to help your body stay balanced and resilient every day. From helping your immune system stay ready to supporting healthy skin and iron absorption, this bright little fruit quietly does a lot of good.

Vitamin C (from Lemon) — Lemon is one of nature's most familiar sources of vitamin C, a nutrient your body relies on daily. It helps keep your immune system strong, supports healthy skin by helping the body build and maintain collagen, and works as a natural antioxidant to help protect your cells from everyday wear and tear.

Eriocitrin — Eriocitrin is a flavonoid found naturally in lemon that contributes to the fruit's antioxidant power. It works alongside vitamin C to help protect the body's fats and proteins from oxidative stress, supporting overall cellular health in a gentle, food-based way that complements the rest of lemon's nutrient profile.

Hesperidin — Hesperidin is another of lemon's naturally occurring plant compounds. Research on citrus flavonoids like hesperidin points to anti-inflammatory properties that may help support joint comfort and overall wellness. It adds depth to lemon's antioxidant profile, working as part of the whole fruit's natural package of protective nutrients.

Naringenin — Naringenin is a citrus flavonoid present in lemon that has been studied for its antioxidant and anti-inflammatory characteristics. As part of lemon's broader flavonoid family, it helps round out the fruit's natural defense-supporting qualities, contributing to the overall protective effect that makes citrus fruits so valued in everyday wellness.

Lemon Flavonoid Complex — Lemon contains a whole family of flavonoids that work together rather than in isolation. When these plant compounds combine with the fruit's vitamin C, research suggests the antioxidant effect is notably stronger — a double-blind study found citrus extract with vitamin C outperformed vitamin E alone in protecting against oxidative stress in the body.

Iron Absorption Support — One of lemon's most practical everyday benefits is helping your body absorb iron from plant-based foods. Vitamin C in lemon helps convert iron into a form the body can actually take in through the digestive tract. This makes lemon a helpful companion to iron-rich meals, especially for those who rely on plant sources of iron.

Lemon Essential Oil (Aromatherapy) — The essential oil from lemon peel has been studied for its calming influence on mood. In a clinical trial involving 100 patients, lemon essential oil aromatherapy significantly reduced anxiety scores compared to a placebo. While this reflects inhalation use, it highlights lemon's broader role in supporting emotional balance and a sense of calm.

Anti-Inflammatory Plant Compounds — Lemon's flavonoids have been studied for their ability to help moderate the body's inflammatory response. Citrus compounds have been shown to influence pro-inflammatory signals in research settings, which is relevant to supporting joint comfort and overall ease of movement. This makes lemon a natural complement to an anti-inflammatory lifestyle.

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