



NATURE'S SUNSHINE

Pine Needle

GOOD FOR

Nervous System

Respiratory System

SIZE **15 ml**

ITEM # **3851**

DIRECTIONS FOR USE Diffuse to freshen and awaken. 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

Pine has been treasured for centuries across Europe, Asia, and the Americas — and today science is catching up with tradition. This formula draws on the whole pine plant, from its bark to its needles, to bring you broad, well-rounded support for your body's everyday needs.

Pine Bark — Antioxidant Powerhouse — Pine bark is loaded with natural plant compounds called proanthocyanidins that help your body fight everyday oxidative stress. Studies show it can raise your body's own internal antioxidant levels, helping protect your cells from the wear and tear of daily life. It's one of the most thoroughly researched plant antioxidants available.

Pine Bark — Arterial & Heart Health Support — Pine bark helps support healthy arteries by encouraging normal blood flow and helping keep the artery walls in good shape. Research shows it helps reduce the oxidation of LDL cholesterol and supports the body's natural ability to maintain healthy circulation — important building blocks for long-term cardiovascular wellness.

Pine Bark — Joint Comfort & Mobility — Multiple clinical studies show that pine bark extract can help ease joint discomfort, stiffness, and the need for pain-relief products in people dealing with osteoarthritis. It also appears to support the health of cartilage over time, making it a meaningful ally for anyone who wants to stay active and moving freely.

Pine Bark — Respiratory & Allergy Relief — Pine bark extract has shown real promise for people who struggle with seasonal or environmental allergies. Clinical research indicates it can help calm airway inflammation and reduce the histamine response that triggers sneezing, congestion, and irritation — offering a natural complement to your respiratory wellness routine.

Pine Bark — Broad Wellness (Systematic Review) — A systematic review covering 39 randomized controlled trials found pine bark extract beneficial across a remarkable range of health areas — from respiratory health and joint comfort to circulation and antioxidant defense. Few single plant ingredients have earned this breadth of clinical attention and validation.

Pine Needles — Traditional Respiratory Tonic — Pine needles have a long history of traditional use for supporting the respiratory system. Herbalists across Europe, Asia, and North America have long turned to pine needle preparations to help soothe the airways and support comfortable, easy breathing — a tradition that complements the modern research on pine's anti-inflammatory properties.

Pine Needles — Natural Source of Antioxidants — Like pine bark, pine needles contain natural plant compounds that help the body defend itself against everyday oxidative stress. Traditionally used as a wellness tonic, pine needle preparations have been valued for their ability to support overall vitality and help the body stay resilient against environmental stressors.

 (888) 510-7196  service@caringsunshine.com

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