



NATURE'S SUNSHINE

Rosemary (Wild)

GOOD FOR

Nervous System

Brain

Cardiovascular system

SIZE 15 ml

ITEM # 3854

DIRECTIONS FOR USE 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

Wild Rosemary brings together centuries of traditional use and modern research in one simple herb. Its naturally occurring plant compounds work together to help your body stay balanced, calm, and resilient every day.

Rosemary – Antioxidant Support — Rosemary is packed with natural plant compounds that help your body fight everyday oxidative stress — the kind of wear and tear that builds up from daily life. These compounds help protect your cells from damage and support your body's own built-in defenses, keeping you feeling your best over time.

Rosemary – Calm & Relaxed Mood — Feeling stressed or on edge? Rosemary has been studied in human clinical trials and shown to help reduce anxiety scores in healthy adults. In randomized, controlled research, people taking rosemary extract reported feeling calmer and less anxious, making it a gentle, natural option for everyday stress support.

Rosemary – Joint & Comfort Support — A 2025 double-blind clinical trial found that people taking rosemary leaf powder daily for 12 weeks experienced meaningful improvements in joint comfort, reduced pain scores, and lower markers of inflammation in the body. That's real, research-backed support for people who want to stay active and comfortable.

Rosemary – Healthy Blood Pressure — Rosemary has a long tradition of use for supporting healthy circulation and blood pressure. Early human research has explored its potential as a natural way to support healthy blood pressure levels, and traditional herbalists have relied on rosemary for cardiovascular wellness for generations.

Rosemary – Mediterranean Heritage — Native to the sun-drenched coastlines of the Mediterranean, rosemary has been treasured for thousands of years as both a culinary herb and a natural wellness remedy. Its very name — 'dew of the sea' — reflects its hardy, resilient nature, thriving in tough conditions just as it helps your body do the same.

Rosemary – Whole-Body Oxidative Balance — The natural compounds found in rosemary help slow the process of oxidative damage in the body — similar to how an antioxidant-rich diet helps protect your health over time. Research in both lab and animal models consistently shows rosemary's ability to neutralize harmful free radicals and support cellular health.

Rosemary – Inflammation Response — Rosemary's plant compounds have been shown in clinical research to help support a healthy inflammation response. In the 2025 arthritis trial, participants saw measurable reductions in key inflammation markers after consistent rosemary use, suggesting it may help the body manage everyday inflammatory challenges more comfortably.

Rosemary – Lipid & Cell Protection — Research shows that rosemary's natural antioxidants help inhibit lipid peroxidation — a process where fats in your body's cells get damaged by oxidative stress. By helping to keep this process in check, rosemary supports the long-term health and integrity of your cells throughout the body.

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