



NATURE'S SUNSHINE

INSPIRE Uplifting Blend

GOOD FOR

Nervous System

Brain

SIZE **15 ml**

ITEM # **3871**

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

INSPIRE Uplifting Blend brings together a hand-picked circle of citrus fruits, cooling mints, warming spices, and soothing botanicals — each chosen because research shows they support the body's natural defenses, a calm and positive mood, and everyday vitality. Together they create a formula that feels as good as it smells and works from the inside out.

Grapefruit — One of nature's most refreshing fruits, grapefruit is loaded with vitamin C and plant compounds like naringenin that help the body fight everyday oxidative stress. Studies show it can support healthy blood pressure and arterial comfort, and its naturally low-calorie, fiber-rich profile has been linked to feelings of fullness and appetite satisfaction.

Orange — Sweet orange brings a bright burst of vitamin C and hesperidin, a plant compound shown in clinical research to support healthy blood pressure and flexible, comfortable arteries. Inhaling orange essential oil has also been studied for its calming effect on anxious feelings, making it a natural mood-lifter in this blend.

Lemon — Lemon contributes a rich supply of vitamin C and flavonoids that help the body defend itself against everyday oxidative wear. Research shows lemon essential oil aromatherapy can meaningfully ease anxious feelings, and vitamin C from lemon helps the body absorb iron from plant foods — a quiet but important contribution to everyday energy.

Bergamot — Bergamot is a fragrant Italian citrus with a unique set of plant polyphenols not found in other citrus fruits. Multiple clinical trials show these compounds support healthy cholesterol and triglyceride levels already in the normal range, and help keep arteries flexible and functioning well — making bergamot a standout heart-supportive ingredient in this formula.

Spearmint Leaf — Garden-fresh spearmint is far more than a pleasant flavor. Its key compounds — including rosmarinic acid and a family of flavonoids — have been shown in human studies to ease abdominal discomfort and support joint comfort and mobility. Spearmint also carries strong antioxidant activity, helping the body handle everyday oxidative stress with ease.

Peppermint — Peppermint's natural menthol is a well-studied soother for the digestive tract, with a meta-analysis of 12 clinical trials confirming it helps ease abdominal discomfort. Beyond digestion, clinical research in hospital settings shows peppermint aromatherapy measurably reduces feelings of anxiety and tension, adding a calming dimension to this uplifting blend.

Cinnamon — Warm and familiar, cinnamon is one of the most antioxidant-rich spices on earth. Clinical studies show it can support healthy blood pressure and help the body manage oxidative stress. It also has a long history in traditional Ayurvedic practice for joint and muscle comfort, and its essential oil is among the most effective plant-based agents for fresh breath.

Ginger — Used for over 2,500 years to settle the stomach and support digestion, ginger is backed by modern research confirming it helps the stomach empty comfortably and eases bloating and abdominal discomfort. Its active compounds — gingerols and shogaols — are also well-documented antioxidants that help the body manage everyday cellular stress.

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