



NATURE'S SUNSHINE

Horsetail

GOOD FOR

Connective Tissue

Musculoskeletal System

Hair, Skin & Nails (Integumentary)

SIZE **100 Capsules**

ITEM # **390**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with meals three times daily.

— How the Key Ingredients Work

Horsetail is one of nature's oldest plants, and it brings a remarkable natural toolkit to your daily wellness routine. Rich in plant-based silica and protective antioxidants, it works quietly in the background to help your body stay strong, flexible, and resilient.

Horsetail – Silica for Bone Strength — Horsetail is one of the richest plant sources of natural silica you can find. Silica plays a key role in how your body builds and maintains bone tissue, helping support bone mineral density. A small clinical study in postmenopausal women found encouraging results for bone support with horsetail use.

Horsetail – Collagen & Connective Tissue — Your tendons, cartilage, skin, and other connective tissues all depend on collagen, and collagen depends on silica to form properly. Horsetail contains up to 25% silica by dry weight, making it a standout natural ally for keeping joints, skin, and structural tissues feeling their best day to day.

Horsetail – Antioxidant Protection — Horsetail is loaded with natural antioxidants — including well-known plant compounds like quercetin, luteolin, kaempferol, and apigenin, plus protective phenolic acids. Multiple lab studies have confirmed that horsetail has strong free-radical scavenging activity, meaning it helps defend your cells from everyday oxidative stress.

Horsetail – Flavonoid Kaempferol — Kaempferol is one of the key flavonoids found naturally in horsetail. Flavonoids like kaempferol are part of what gives horsetail its well-documented antioxidant character, helping to neutralize free radicals and contributing to the plant's overall protective profile for long-term cellular wellness.

Horsetail – Flavonoid Luteolin — Luteolin is another naturally occurring flavonoid in horsetail that adds to its antioxidant strength. Research on horsetail extracts has highlighted luteolin as one of the compounds contributing to the plant's ability to help the body manage oxidative stress and support a balanced, healthy inflammatory response.

Horsetail – Flavonoid Quercetin — Quercetin is a widely studied plant flavonoid, and horsetail is a natural source of it. As part of horsetail's rich antioxidant blend, quercetin helps round out the plant's free-radical defense capabilities, supporting your body's natural ability to protect tissues from the wear and tear of daily life.

Horsetail – Flavonoid Apigenin — Apigenin is a gentle but well-regarded flavonoid found in horsetail alongside its fellow antioxidants. Together, these flavonoids form a complementary team that gives horsetail its broad antioxidant profile, helping your body stay protected at the cellular level as part of an everyday wellness routine.

Horsetail – Phenolic Acids & Caffeic Acid Derivatives — Beyond flavonoids, horsetail also contains phenolic acids including caffeic acid derivatives. These naturally occurring plant compounds add another layer to horsetail's antioxidant activity, and they have been identified in multiple lab studies as meaningful contributors to the plant's overall free-radical scavenging power.

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