



NATURE'S SUNSHINE

Astragalus

GOOD FOR

Immune System

Respiratory System

Cardiovascular system

SIZE **100 Capsules**

ITEM # **40**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Astragalus has been treasured in traditional Chinese wellness practices for centuries, and today's research is helping us understand why. This time-honored root works with your body's natural systems to help you feel your best — from your immune defenses to your heart, your energy, and beyond.

Astragalus – Immune System Support — Think of astragalus as a gentle coach for your immune system. It helps your body's natural defenses stay balanced and ready, supporting the kind of steady, everyday immune function that keeps you feeling resilient through the seasons — not just when you're already run down.

Astragalus – Seasonal Allergy Relief — If spring and fall leave you sneezing and sniffing, astragalus may offer some welcome relief. Research including a randomized controlled trial found it worked well as an add-on support for seasonal nasal allergy symptoms, helping the immune system find a healthier balance rather than overreacting to everyday triggers.

Astragalus – Heart & Circulation Wellness — Your heart works hard every single day, and astragalus has been studied for how it supports cardiovascular health. Clinical research from China shows it may help reduce the frequency of angina episodes and support healthy blood flow to the heart, making it a meaningful addition to a heart-conscious wellness routine.

Astragalus – Healthy Blood & Anemia Support — In a clinical study of 60 patients dealing with chronic aplastic anemia, adding astragalus to standard care led to a significantly better overall response rate compared to standard care alone. This points to astragalus playing a supportive role in helping the body maintain healthy blood production and overall vitality.

Astragalus – Antioxidant Defense — Every day, your cells face stress from the environment, diet, and normal body processes. Astragalus helps your body's own built-in antioxidant systems work more effectively, supporting the natural tools your cells use to stay protected and healthy — a quiet but important layer of everyday defense.

Astragalus – Energy & Vitality — In traditional Chinese medicine, astragalus is considered a premier 'Qi tonic' — meaning it has long been used to support life energy and reduce feelings of fatigue. Whether you're pushing through a busy week or simply want to feel more like yourself, this root has a centuries-long reputation for helping people feel more energized and alive.

Astragalus – Adaptogenic Stress Support — Astragalus is classified as an adaptogen, which means it's traditionally used to help the body cope with physical and everyday stress more gracefully. Rather than forcing a single outcome, it works with your body's own rhythms, helping you maintain balance when life gets demanding.

Astragalus – Kidney & Urinary Tract Health — Traditional use and modern research both point to astragalus as a supportive herb for kidney health. It has been used for generations to promote healthy kidney function and fluid balance, and contemporary studies continue to explore how its natural compounds help protect and nourish this vital filtering system.

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