



NATURE'S SUNSHINE

DHEA-M

GOOD FOR

Endocrine System

Male Reproductive System

Adrenals

SIZE **100 Capsules**

ITEM # **4200**

SERVING **1**

SUPPLY **100 days**

DIRECTIONS FOR USE Take 1 capsule daily with a meal or as directed by your health care provider following DHEA level assessment.

— How the Key Ingredients Work

DHEA-M brings together a carefully chosen blend of time-honored botanicals and a key hormone precursor to help men feel their best as they age. Each ingredient plays its own supporting role — working together to help maintain energy, a healthy hormonal balance, and everyday vitality.

DHEA — DHEA is one of the most abundant hormones your body naturally makes, produced mainly by the adrenal glands. Levels tend to drop as men get older, and supplementing may help support mood, energy, and a sense of well-being. It also acts as a building block the body can use to produce other important hormones.

Ginseng — Prized in traditional Asian herbalism for thousands of years, ginseng is a go-to herb for men who want to feel sharper and more energized. Research including a recent clinical trial suggests it may help support healthy testosterone levels, improve symptoms of male hormonal aging, and help the body handle everyday stress more comfortably.

Saw Palmetto — Harvested from a hardy palm native to the American Southeast, saw palmetto berry extract is one of the most well-studied herbs for men's health. It has been shown in multiple controlled trials to support comfortable urinary flow and bladder function, and it also helps keep hair looking fuller by supporting healthy hormone balance in the scalp.

Pumpkin Seed — Pumpkin seeds are a surprisingly powerful little food, packed with healthy fats, protein, and key micronutrients. Clinical research shows pumpkin seed extract can help support a healthy, comfortable bladder — reducing urgency and nighttime trips to the bathroom. Their rich antioxidant content, including carotenoids and vitamin E, also helps protect cells from everyday wear and tear.

Sarsaparilla — Sarsaparilla root has been used by traditional healers across the Americas and Asia for centuries to support vitality and joint comfort. Modern research confirms it carries natural antioxidant and anti-inflammatory properties. It has long been associated with men's wellness formulas and is traditionally valued for helping the body feel balanced and resilient.

Damiana — Damiana is a fragrant shrub with deep roots in traditional herbalism throughout Mexico and Central America, where it has been used for generations to support energy and a healthy mood. Preclinical studies point to calming, stress-easing properties, and it has traditionally been included in men's wellness blends for its reputation as a natural vitality herb.

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