



NATURE'S SUNSHINE

Licorice Root

GOOD FOR

Adrenals

Liver

Endocrine System

SIZE **100 Capsules**

ITEM # **420**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

Licorice root has been treasured for thousands of years as a gentle, whole-body herb that supports your digestive comfort, skin health, and natural balance. This time-honored root brings together a rich blend of naturally occurring plant compounds that work together to help your body feel its best from the inside out.

Licorice Root (Digestive Comfort) — One of licorice root's most celebrated roles is soothing an unhappy stomach. It helps support the lining of the gut, encourages healthy acid balance, and eases the kind of cramping and discomfort that can make everyday life uncomfortable. Think of it as a gentle, calming friend for your digestive system.

Licorice Root (Heartburn & Reflux Relief) — Feeling that familiar burn after a meal? Licorice root — particularly in its deglycyrrhizinated form — has been studied in clinical trials and shown to meaningfully reduce heartburn and regurgitation. It works by helping to protect and soothe the sensitive tissues of the esophagus and stomach, offering real, researched comfort.

Licorice Root (Abdominal Discomfort & IBS Support) — Licorice root is a key ingredient in well-studied herbal blends shown in multiple clinical trials to reduce abdominal discomfort and IBS-related symptoms. It helps calm spasms in the gut, supports a healthy stomach lining, and encourages the kind of digestive ease that lets you get on with your day without distraction.

Licorice Root (Skin Clarity & Acne Support) — Licorice root isn't just an internal herb — it has a meaningful role in skin health too. Compounds found naturally in the root have been shown in studies to help calm redness, support a clearer complexion, and address some of the underlying triggers of mild-to-moderate acne, making it a versatile addition to any wellness routine.

Licorice Root (Anti-Inflammatory Properties) — Throughout the body, licorice root's natural plant compounds help encourage a balanced, healthy inflammatory response. This is part of why it has been used across so many different health traditions worldwide — its ability to gently support the body's own comfort and recovery processes is one of its most valued qualities.

Licorice Root (Cortisol & Adrenal Balance) — Licorice root contains compounds that interact with the body's natural cortisol pathways, helping to support healthy adrenal function. Research, including a published clinical trial, has explored how it can help the body make better use of its own naturally produced cortisol, supporting energy and stress resilience.

Licorice Root (Gut Lining Integrity) — A healthy gut lining is the foundation of good digestion, and licorice root has long been recognized for its ability to help maintain and support that protective barrier. By encouraging the integrity of the stomach and intestinal lining, it helps create the right environment for comfortable, efficient digestion every day.

Licorice Root (Antispasmodic Support) — Uncomfortable cramping and spasms in the digestive tract can disrupt your day in a big way. Licorice root has natural antispasmodic qualities, meaning it helps relax the smooth muscles of the gut, easing that tight, cramping feeling and helping your digestive system move through its natural rhythms more comfortably.

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