



NATURE'S SUNSHINE

Marshmallow

Vegan

Kosher

Non-GMO

GOOD FOR

Respiratory System

Digestive System

Lungs

SIZE **100 Capsules**

ITEM # **440**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Marshmallow (*Althaea officinalis*) has been treasured for centuries as a soothing, healing herb — and modern research is beginning to confirm what traditional healers long knew. This time-honored plant works from the inside out, helping to calm, protect, and support several key areas of your body's daily comfort.

Marshmallow Root — Digestive Comfort — Marshmallow root has been recognized by Germany's Commission E for helping ease mild stomach upset and gastric discomfort. It works gently with your digestive system, helping to soothe the stomach lining and support a more comfortable, settled feeling after meals or during times of digestive sensitivity.

Marshmallow Root — Antioxidant Support — Research shows that marshmallow root is rich in natural compounds that help your body fight everyday oxidative stress. Studies have found it can help neutralize harmful free radicals and even help protect skin cells from UV-related damage at the cellular level — a meaningful layer of everyday defense for your whole body.

Marshmallow Root — Calming Inflammation Response — Lab studies have found that marshmallow root extract can help quiet the body's inflammatory response, with results in some tests comparable to common anti-inflammatory agents. While this research is still in early stages, it points to marshmallow's long-standing reputation as a plant that helps the body stay balanced and comfortable.

Marshmallow Root — Skin Soothing — Two separate clinical trials published in 2021 found that marshmallow-based preparations helped improve symptoms of atopic dermatitis in children, performing comparably to a standard topical steroid treatment. Whether used topically or as part of a wellness routine, marshmallow has a meaningful tradition of supporting calm, healthy-looking skin.

Marshmallow Root — Traditional Healing Heritage — The very name *Althaea* comes from the Greek word meaning 'to heal,' and marshmallow has been used in herbal traditions across Europe, Western Asia, and North Africa for generations. Its long history of use across so many cultures speaks to how broadly trusted this plant has been for everyday comfort and wellness support.

Marshmallow Root — Immune & Cellular Support — Early research suggests that the natural polysaccharides found in marshmallow root may help encourage healthy immune cell activity, including supporting the movement and antioxidant defenses of immune cells. This points to marshmallow's potential role in helping the body maintain its natural protective functions day to day.

Marshmallow Root — Whole-Body Antioxidant Activity — Beyond protecting the skin, marshmallow root's antioxidant properties extend throughout the body. Studies have shown it can help neutralize multiple types of harmful molecules, including superoxide radicals, and may help bind and reduce the impact of certain metals in the body — all part of a broader picture of everyday cellular protection.

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