



NATURE'S SUNSHINE

Hepatic System

GOOD FOR

Liver

Digestive System

Colon (Large Intestine)

SIZE **60 packets**

ITEM # **5381**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take the contents of one AM packet with breakfast; take the contents of one PM packet with your evening meal. Follow this pattern for 30 days.

— How the Key Ingredients Work

Hepatic System brings together time-honored herbs and well-researched nutrients that work together to help your liver filter and process what your body takes in each day, while also supporting healthy digestion, natural antioxidant defenses, and balanced energy from the inside out.

Milk Thistle — The star ingredient for liver wellness. Milk thistle's active complex, silymarin, has been shown in multiple studies to help protect liver cells, support the body's own antioxidant activity, and assist healthy blood sugar levels already in a normal range. It has centuries of traditional use for digestive comfort too.

NAC (N-Acetyl Cysteine) — NAC helps your body make glutathione — often called the master antioxidant — which your liver relies on heavily to do its filtering work. It also directly helps neutralize harmful free radicals, making it a cornerstone ingredient for anyone focused on liver and overall cellular protection.

Dandelion — That familiar backyard plant is actually a well-regarded herb for liver and digestive wellness. Dandelion leaf and root are rich in antioxidant plant compounds, and a published human study found dandelion leaf extract has a meaningful diuretic effect, which may help the body flush out what it no longer needs.

Choline — Choline is an essential nutrient your liver genuinely cannot do without. It plays a central role in how the liver packages and moves fats, and it serves as a building block for key cell membranes throughout the body. Most people don't get quite enough from diet alone, making it a valuable addition here.

Baikal Skullcap — This traditional Chinese herb, known as Huang Qin, is prized for its potent antioxidant flavonoids baicalin and baicalein. Research shows these compounds help calm the body's inflammatory response across multiple pathways, supporting liver tissue, lung health, and overall resilience against everyday oxidative stress.

Bupleurum Falcatum — Known as Chai Hu in Traditional Chinese Medicine, bupleurum root is one of the most revered herbs for liver support in East Asian practice. Research in animal models shows it helps restore the liver's own antioxidant enzymes and protect against oxidative stress, and it has a long history of use in TCM liver formulas.

Inositol — Inositol works quietly behind the scenes as a messenger that helps cells respond properly to insulin, supporting healthy blood sugar balance. A meta-analysis of multiple clinical trials found it significantly supports healthy blood pressure levels already in a normal range, and it also plays a role in supporting a calm, balanced mood.

Vitamin C — Your liver and adrenal glands hold more vitamin C than almost any other tissue in the body — and for good reason. Vitamin C is essential for collagen repair, helps the body absorb iron more effectively, and acts as a powerful water-soluble antioxidant that works hand in hand with the fat-soluble antioxidants elsewhere in this formula.

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