



NATURE'S SUNSHINE

Circulatory System

GOOD FOR

Cardiovascular system

Heart

Blood

SIZE **60 Packets**

ITEM # **5383**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take the contents of one AM packet in the morning with breakfast and one PM packet in the evening with a meal. Follow this pattern for 30 days.

— How the Key Ingredients Work

This carefully crafted blend brings together time-honored botanicals and well-researched nutrients that work together to support healthy blood flow, strong arterial walls, and a heart that keeps up with your life. Every ingredient was chosen because real research backs its role in keeping your circulatory system running smoothly.

Hawthorn — Used to support heart health since the 1800s, hawthorn is packed with natural plant compounds that help relax blood vessels, support healthy blood pressure, and protect artery walls from everyday wear and tear. It also helps discourage platelets from clumping together, keeping blood flowing freely.

Ginkgo Biloba — One of the oldest plants on Earth, ginkgo has been shown in clinical studies to improve circulation — especially in the smaller blood vessels that reach your hands, feet, and brain. It helps keep artery walls flexible, supports healthy blood flow, and brings powerful antioxidant protection to your vascular system.

Olive Leaf Extract — The leaves of the olive tree are loaded with polyphenols — natural plant defenders that multiple clinical trials have linked to meaningful reductions in blood pressure and improved flexibility of artery walls. Olive leaf also helps protect your blood vessels from oxidative stress, supporting long-term arterial health.

CoQ10 — Your heart is the hardest-working muscle in your body, and CoQ10 is one of the key nutrients it relies on for energy. Research shows CoQ10 acts as a powerful antioxidant inside your cells, helps protect blood vessels, and may support healthy endothelial function — the inner lining that keeps arteries smooth and responsive.

Fish Oil — Rich in the omega-3 fatty acids EPA and DHA, fish oil is one of the most thoroughly studied nutrients for heart and circulatory health. Meta-analyses confirm it helps reduce triglycerides by up to 25–30%, supports healthy blood pressure, and reduces the tendency of platelets to stick together — all important for a healthy circulatory system.

EPA (Eicosapentaenoic Acid) — EPA is the omega-3 fatty acid most closely linked to heart and artery benefits. It helps calm inflammation inside blood vessel walls, supports healthy triglyceride levels, and reduces platelet activity. In a landmark clinical trial, 4 g per day of EPA was associated with a 25% reduction in cardiovascular events compared to placebo.

DHA (Docosahexaenoic Acid) — DHA is an omega-3 that becomes part of the membranes lining your blood vessels, helping them stay flexible and responsive. Clinical studies show DHA improves how well arteries dilate, lowers triglycerides, and helps reduce arterial stiffness — all signs of a healthier, more resilient circulatory system.

Flaxseed — Flaxseed brings a plant-based trio of circulatory supporters: ALA (a plant omega-3), lignans, and soluble fiber. Together, these compounds have been shown in clinical research to help lower blood pressure, reduce oxidation of LDL cholesterol, and support anti-inflammatory effects in blood vessels — making it a well-rounded addition to any heart-health formula.

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