



NATURE'S SUNSHINE

Glandular System

GOOD FOR

Endocrine System

Adrenals

Thyroid Gland

SIZE **60 packets**

ITEM # **5388**

SERVING **1**

SUPPLY **30 days**

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

— How the Key Ingredients Work

Glandular System brings together time-honored glandular tissue, adaptogenic herbs, and nourishing whole-food concentrates to help your body manage everyday stress, maintain healthy energy, and keep your glands and organs working in harmony. Each ingredient was chosen to complement the others, creating a formula that works on multiple levels at once.

Whole Adrenal Glandular — Sourced from bovine adrenal tissue, this ingredient has been used since the early 1900s to support adrenal function and help the body recover from the effects of ongoing stress. It provides a natural matrix of adrenal nutrients that practitioners have traditionally relied on to help maintain healthy energy and resilience.

Ashwagandha — One of the most researched stress-support herbs in the world, ashwagandha has been shown in multiple clinical trials to help lower cortisol — the body's main stress hormone — in people dealing with chronic stress. It also supports healthy energy levels, mood, and overall hormonal balance, making it a cornerstone of this formula.

Rhodiola — Known as golden root or arctic root, rhodiola is a classic adaptogen with clinical trial evidence showing it helps reduce stress-related fatigue and supports a healthier cortisol response. It has been used for centuries in cold-climate traditional medicine to help people stay mentally sharp and physically energized under pressure.

Eleuthero — Often called Siberian ginseng, eleuthero has a long history in Russian and Chinese medicine for combating fatigue and building stamina. Research confirms it helps support the body's stress-regulation system, promotes mental endurance, and may help keep cortisol levels in a healthy range during demanding times.

Ginseng — Panax ginseng has been a cornerstone of traditional Chinese medicine for thousands of years, prized for its ability to support energy and vitality. Modern research shows it helps support adrenal function, modulates the body's stress response, and provides antioxidant protection — with clinical studies also noting benefits for mood and hormonal health in aging adults.

Schisandrins — The active compounds from the Schisandra berry, used in both Chinese and Russian traditional medicine, schisandrins are adaptogens that help the body handle mental and physical stress. Research shows they support healthy HPA axis function — the system that governs how your body responds to stress — and also provide strong antioxidant protection at the cellular level.

Vitamin B5 — Pantothenic acid is sometimes called the 'anti-stress vitamin' because it is the direct building block for coenzyme A, which the adrenal glands absolutely need to make cortisol and other stress hormones. Without enough B5, the entire stress-hormone production pathway slows down. Chronic stress increases the body's demand for this nutrient, making it a key part of any adrenal support formula.

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