



NATURE'S SUNSHINE

Red Raspberry

Vegan

GOOD FOR

Female Reproductive System

Digestive System

Uterus

SIZE **100 Capsules**

ITEM # **560**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

Red Raspberry leaf has been treasured for centuries as a go-to herb for women's wellness, and modern research is beginning to show why. This formula works by bringing together the natural goodness of red raspberry to help support a healthy uterus, ease everyday cycle discomfort, and keep your digestive system feeling its best.

Red Raspberry Leaf — Perhaps the most well-known women's herb in the natural-health world, red raspberry leaf has been used for generations to support the uterus and promote a more comfortable, regular cycle. It contains a rich blend of plant compounds — including anthocyanins and ellagitannins — that help the body manage everyday inflammation and support overall reproductive wellness. Traditional herbalists have long relied on it to ease cramping and pelvic tension during menstruation, and it remains one of the most trusted botanicals for female cycle support.

Red Raspberry Fruit — The bright, sweet berry itself brings a powerful punch of antioxidants to the formula. Research shows raspberries are among the richest fruit sources of protective plant compounds, which help the body neutralize everyday oxidative stress. Supporting the body's natural defenses this way helps keep tissues — including those in the reproductive and digestive systems — feeling healthy and resilient throughout the month.

Raspberry Polyphenols (Anthocyanins) — These are the natural pigments that give raspberries their beautiful red color, and they do much more than look pretty. Anthocyanins have been studied for their ability to help the body keep everyday inflammation in check, which is especially relevant for women who experience cramping or pelvic discomfort around their cycle. They work gently and naturally as part of the whole plant.

Ellagitannins & Ellagic Acid — Alongside anthocyanins, ellagitannins and ellagic acid are standout compounds found in red raspberry that contribute to its antioxidant strength. Studies have shown these plant compounds support the body's ability to manage inflammation at a cellular level. For women, this kind of everyday cellular support can make a real difference in how comfortable and balanced they feel during their monthly cycle.

Raspberry Leaf Tannins — Tannins are naturally occurring plant compounds with a gentle astringent quality — meaning they have a mild toning effect on body tissues. In traditional herbal practice, this toning action on the uterine muscle is one of the primary reasons raspberry leaf has been recommended for women for so long. It is believed to help support healthy muscle tone in the uterus, which may contribute to more comfortable periods.

Flavonoids from Red Raspberry — Red raspberry is naturally rich in a broad family of plant compounds called flavonoids, which work alongside anthocyanins and tannins to provide well-rounded support. Flavonoids are well studied for their role in helping the body maintain a healthy inflammatory response, and they also contribute to the overall antioxidant profile of the herb. Together, they help make red raspberry a truly comprehensive botanical for women's health.

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