



NATURE'S SUNSHINE

White Oak Bark

GOOD FOR

Immune System

Hair, Skin & Nails (Integumentary)

Digestive System

SIZE **100 Capsules**

ITEM # **730**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

White Oak Bark brings together centuries of herbal tradition and modern research to support your digestive comfort, skin resilience, and everyday wellness. Its naturally occurring plant compounds work gently with your body to help soothe, protect, and restore balance from the inside out.

White Oak Bark – Tannins — The tannins in white oak bark are its most celebrated feature. These natural plant compounds have a gentle tightening, or astringent, effect on tissues — think of the way a strong cup of tea makes your mouth feel. That same quality helps calm irritated tissues in the digestive tract and supports a more settled, comfortable belly.

White Oak Bark – Quercetin — Quercetin is a naturally occurring flavonoid found right inside white oak bark. It has been studied in laboratory settings for its ability to help the body manage everyday inflammation, making it a quiet but meaningful contributor to how this bark supports overall comfort and resilience throughout the body.

White Oak Bark – Catechins — Catechins are the same family of plant compounds celebrated in green tea, and white oak bark contains them too. In lab studies, catechins have shown antioxidant activity — meaning they help the body stand up to everyday oxidative stress, the kind that can accumulate from diet, environment, and the normal pace of daily life.

White Oak Bark – Gallic Acid — Gallic acid is one of the phenolic acids naturally present in white oak bark. Research has noted its antioxidant and anti-inflammatory properties in cell and animal studies. It works alongside the other compounds in the bark to create a well-rounded, synergistic effect that supports the body's natural defenses.

White Oak Bark – Ellagic Acid — Ellagic acid is another polyphenol found in white oak bark that has attracted scientific interest for its antioxidant properties. Documented in multiple laboratory studies, it contributes to the bark's overall ability to help protect cells from the wear and tear of oxidative stress encountered in everyday life.

White Oak Bark – Rutin — Rutin is a flavonoid found in white oak bark that has been studied alongside quercetin for its role in helping the body manage inflammation. In cell and animal research, rutin has shown anti-inflammatory effects, adding another layer of gentle, natural support to this time-honored herbal ingredient.

White Oak Bark – Flavonoids (Broad Spectrum) — Beyond individual compounds, white oak bark contains a broad spectrum of flavonoids working together. This natural teamwork is part of what makes the whole bark so valued in traditional herbalism. Together, these flavonoids support antioxidant defense, help soothe tissues, and contribute to the bark's well-rounded wellness profile.

White Oak Bark – Phenolic Acids — Phenolic acids are a class of plant compounds found throughout white oak bark that contribute to its documented antioxidant activity. Multiple laboratory studies have confirmed their presence and activity, reinforcing why this bark has been a go-to botanical for generations of herbalists seeking natural support for the body.

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