



NATURE'S SUNSHINE

HistaBlock

GOOD FOR

Respiratory System

Lungs

Sinuses

SIZE **90 Capsules**

ITEM # **776**

SERVING **2**

SUPPLY **22 days**

DIRECTIONS FOR USE Take 2 capsules twice daily.

— How the Key Ingredients Work

HistaBlock brings together a carefully chosen blend of botanicals and nutrients that work with your body's natural defenses to help you stay comfortable when seasonal challenges strike. Each ingredient was selected for the specific role it plays in supporting healthy respiratory function, a balanced immune response, and everyday wellness.

Stinging Nettle (*Urtica dioica*) — One of nature's most time-honored herbs, stinging nettle has been used for centuries to ease seasonal discomfort. A clinical trial found that nettle extract helped reduce nasal irritation in people dealing with seasonal allergic rhinitis. It also brings a rich supply of natural antioxidants that help protect your cells from everyday stress.

Quercetin — Quercetin is a naturally occurring plant compound found in foods like apples, onions, and berries — and it's one of the most researched flavonoids for seasonal wellness. It works by helping to calm the body's release of histamine, the substance responsible for that familiar sneezing, congestion, and itchy-eye feeling. Studies show it supports a balanced immune response during allergy season.

Bromelain — Derived from the stem of the pineapple plant, bromelain is a natural protein-digesting compound with impressive versatility. Research shows it helps support comfortable breathing during allergy season and has been studied in clinical settings for seasonal rhinitis relief. It also supports healthy digestion and helps ease occasional abdominal discomfort after meals.

Orange (*Citrus sinensis*) — Sweet orange brings more than great flavor — it's a natural source of vitamin C, hesperidin, and other plant compounds with well-documented antioxidant activity. Human studies show that orange-derived nutrients help raise the body's antioxidant defenses and reduce markers of oxidative stress, making it a bright and beneficial addition to this formula.

Calcium — Calcium is the body's most abundant mineral, and while it's best known for keeping bones and teeth strong, it also plays a quiet but important role in how nerve signals travel and how muscles — including those involved in breathing — function smoothly. Getting enough calcium every day is a foundational part of overall wellness at every age.

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