



NATURE'S SUNSHINE CA (ATC)

GOOD FOR

Musculoskeletal System

Connective Tissue

Joints

SIZE **50 Capsules**

ITEM # **826**

SERVING **1**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

CA (ATC) brings together a carefully chosen blend of time-honored herbs and nutrient-rich botanicals, each selected to support your body from the inside out. Together they work to nourish bones and connective tissue, calm the digestive tract, protect cells, and help you feel balanced and well every day.

Horsetail — One of nature's richest plant sources of silica, horsetail helps your body build and maintain strong bones and healthy connective tissue like cartilage and tendons. It also delivers natural antioxidants that help protect cells from everyday wear and tear, and has a long tradition in European herbal practice for supporting overall structural health.

Alfalfa — Nicknamed the 'father of all foods,' alfalfa is packed with vitamins, minerals, and plant compounds that support heart health, healthy cholesterol levels already in the normal range, and balanced blood sugar. Its rich antioxidant content — including vitamins C and E — helps the body defend itself against daily oxidative stress.

Slippery Elm Bark — The inner bark of the slippery elm tree has a naturally soothing, mucilage-rich texture that coats and calms the digestive tract. Research supports its use for easing abdominal discomfort and bloating, and its plant fibers act as a prebiotic, helping to feed friendly gut bacteria like Lactobacillus and Bifidobacterium for a healthier microbiome.

Marshmallow — Marshmallow root — whose very name in Greek means 'to heal' — has been used for centuries to soothe the stomach and digestive lining. Approved by Germany's Commission E for mild gastric discomfort, it also brings meaningful antioxidant activity and has been shown in studies to help calm inflammation, supporting both gut and skin wellness.

Spirulina — This deep blue-green superfood is loaded with iron, B vitamins, and a unique pigment called phycocyanin that acts as a powerful antioxidant in the body. Clinical studies show spirulina supports healthy red blood cell production, helps maintain antioxidant defenses, and may assist with appetite management — all in one concentrated, nutrient-dense ingredient.

Oat — Oats bring more than comfort food credentials to this formula. Their soluble fiber, beta-glucan, has been shown in clinical trials to support healthy blood pressure and a feeling of fullness after meals. Oats also contain special antioxidant compounds called avenanthramides that help protect the arteries and support a healthy cardiovascular system.

Passionflower — Passionflower has a well-documented history as a calming botanical. Clinical research — including a randomized controlled trial — found it comparable to a prescription anti-anxiety medication for general anxiety, with fewer side effects. It is thought to support the body's natural calming pathways, making it a gentle ally for everyday stress and restful relaxation.

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