



NATURE'S SUNSHINE

# Cranberry & Buchu (Concentrated)

Vegan

Non-GMO

GOOD FOR

Urinary System

Bladder

Kidneys

SIZE **100 Capsules**

ITEM # **834**

SERVING **1-2**

SUPPLY **16-33 days**

DIRECTIONS FOR USE Take 1-2 capsules with a meal three times daily.

## — How the Key Ingredients Work

Cranberry & Buchu Concentrated brings together two time-honored botanicals — one beloved in modern research, one rooted in centuries of traditional use — to help keep your urinary tract comfortable, your antioxidant defenses strong, and your body feeling its best day after day.

### **Cranberry (*Vaccinium macrocarpon*) — Urinary Tract Support**

— Cranberry is one of the most thoroughly studied natural ingredients for urinary and bladder comfort. Its special plant compounds — called proanthocyanidins — help keep unwanted bacteria from sticking to the walls of the urinary tract, which is the key to staying comfortable and supported. A large review of 50 studies found cranberry products reduced the risk of urinary tract issues by about 30%.

**Cranberry — Antioxidant Power** — Cranberry ranks among the highest of all fruits for its natural antioxidant content. Multiple human studies show that regular cranberry consumption meaningfully raises the body's antioxidant levels in the blood and helps reduce signs of oxidative stress. Think of antioxidants as your body's cleanup crew — cranberry helps keep that crew well-staffed.

**Cranberry — Heart & Artery Wellness** — Beyond the urinary tract, cranberry's rich mix of plant polyphenols has been shown in clinical studies to support healthy blood pressure and improve how well blood vessels function. Research suggests cranberry may help reduce the oxidation of LDL cholesterol and support overall cardiovascular comfort — a nice bonus for a urinary herb.

**Cranberry — Healthy Circulation** — Cranberry's natural compounds have been studied for their ability to support healthy blood flow by helping to keep platelets from clumping together unnecessarily. A 2022 review confirmed cranberry among the foods and herbs with real, study-backed evidence for supporting healthy platelet activity — an important piece of everyday cardiovascular wellness.

### **Buchu (*Agathosma betulina*) — Traditional Urinary Herb**

Buchu leaf has been treasured for centuries in South African traditional medicine, particularly among the San and Khoi peoples, as a go-to herb for urinary and kidney comfort. Herbalists have long used it as a gentle, natural support for the urinary system, making it a perfect partner for cranberry in a formula focused on bladder and tract wellness.

**Buchu — Natural Diuretic Tradition** — Traditional herbalists have long turned to buchu as a mild natural diuretic — meaning it was used to encourage healthy fluid flow through the kidneys and urinary tract. This traditional role complements cranberry beautifully, helping the body flush and maintain a clean, comfortable urinary environment as part of everyday self-care.

**Buchu — Antioxidant Flavonoids** — Buchu leaf contains a family of naturally occurring flavonoids — including diosmin, rutin, quercetin, and hesperidin — that have shown measurable antioxidant activity in laboratory studies. These compounds help the body manage everyday oxidative stress, adding another layer of protective support to this concentrated two-herb formula.

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