



NATURE'S SUNSHINE

Echinacea / Golden Seal

Kosher

Halal

Non-GMO

GOOD FOR

Immune System

Digestive System

Cardiovascular system

SIZE **100 Capsules**

ITEM # **835**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

Echinacea and Goldenseal have been trusted by herbalists for generations — and today's research helps explain why. Together they bring complementary strengths to your immune system, respiratory health, and the body's natural defenses.

Echinacea Purpurea – Immune & Respiratory Support — Purple coneflower is one of the most studied herbs on the planet for a reason. Research shows it helps support your immune system during times of seasonal stress and has been studied in multiple clinical trials for its role in reducing how long and how hard respiratory infections hit.

Echinacea Purpurea – Bronchial & Airway Comfort — Multiple clinical reviews and trials point to echinacea purpurea as a go-to herb for respiratory tract support. It appears to help the body respond to airway challenges more efficiently, making it a popular choice when you want to breathe a little easier during cold and flu season.

Echinacea Purpurea – Antioxidant Defense — Echinacea purpurea is rich in natural compounds — including caffeic acid derivatives — that have been shown in lab studies to help neutralize harmful free radicals. Think of antioxidants as your body's cleanup crew, and echinacea helps keep that crew well-staffed and ready to work.

Echinacea Purpurea – Skin Clarity Support — Research on standardized echinacea extract shows it can target the bacteria linked to acne while also helping to calm the skin's inflammatory response. European herbal authorities have recognized mild acne as one of the traditional areas where echinacea has a role to play.

Echinacea Purpurea – Bronchitis Relief Support — When bronchitis or a stubborn chest cold strikes, echinacea purpurea has been evaluated in randomized controlled trials and systematic reviews — including Cochrane assessments — showing meaningful reductions in both the severity and duration of respiratory symptoms compared to placebo.

Goldenseal – Natural Antimicrobial Herb — Goldenseal is a North American woodland herb with a long history of traditional use. Its main active compound, berberine, has been studied extensively and shown in laboratory research to work against a range of unwanted microorganisms, making goldenseal a cornerstone of many natural wellness formulas.

Goldenseal – Candida & Yeast Balance — Berberine, the key compound in goldenseal, has been shown in peer-reviewed studies to disrupt the membranes of Candida yeast cells, block their ability to stick to surfaces, and inhibit the formation of biofilms. This makes goldenseal a popular choice for those focused on maintaining healthy yeast balance.

Goldenseal – Candida Cleanse Support — Lab studies confirm that berberine from goldenseal can work against multiple Candida species, including Candida albicans. Research also shows it may work alongside other antifungal approaches, supporting the body's own efforts to keep yeast populations in a healthy range.

Goldenseal – Blood Sugar Balance — Berberine has been evaluated in multiple randomized controlled trials and meta-analyses looking at fasting blood sugar, after-meal glucose levels, and longer-term blood sugar markers. The results have been notable enough that researchers continue to study it as a natural option for metabolic wellness support.

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