



NATURE'S SUNSHINE

Marshmallow & Fenugreek

GOOD FOR

Respiratory System

Lungs

SIZE **100 Capsules**

ITEM # **843**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Marshmallow & Fenugreek brings together time-honored herbs chosen for their ability to soothe and support the digestive tract from top to bottom. Each ingredient works in its own way to help your body feel more comfortable, balanced, and at ease every day.

Marshmallow Root — Marshmallow root has been used as a healing herb for centuries — its very name in Greek means 'to heal.' It produces a naturally slippery, gel-like substance that coats and calms the lining of the stomach and digestive tract, helping to ease everyday discomfort and mild irritation. It also brings antioxidant support to the table.

Fenugreek Seed — Fenugreek is a clover-like herb with a long history of use across the Mediterranean and Asia. Its natural soluble fiber forms a gentle, gel-like layer in the stomach that can help ease heartburn and acid discomfort. It also supports antioxidant defenses and has been studied for its role in healthy hormone balance in men.

Slippery Elm Bark — True to its name, slippery elm bark becomes wonderfully slick and soothing when it meets water. That slippery quality helps coat and cushion the digestive lining, supporting comfort and ease. Its natural plant fibers also act as a prebiotic, helping to nourish the friendly bacteria that keep your gut microbiome in good shape.

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