



NATURE'S SUNSHINE

Red Beet Root Formula

GOOD FOR

Endocrine System

Adrenals

Cardiovascular system

SIZE **100 Capsules**

ITEM # **870**

SERVING **2**

SUPPLY **10 days**

DIRECTIONS FOR USE Take 2 capsules five times daily.

— How the Key Ingredients Work

Red Beet Root Formula brings together four time-honored botanicals — beet, licorice root, fennel, and hawthorn — each chosen for the way it naturally supports your cardiovascular system, digestive comfort, and the body's own defenses. Together they form a well-rounded daily foundation for feeling your best.

Beet Root — Beet root is one of nature's richest sources of dietary nitrates, which the body converts into a molecule that helps blood vessels relax and open up. Studies show this can support healthy blood pressure, improve circulation, and help your heart and muscles work more efficiently — great news for both everyday energy and active days.

Beet Root — Antioxidant Support — Beyond its heart benefits, beet root is loaded with betalains — the vivid pigments that give it that deep red color — along with polyphenols that act as free-radical scavengers. Research shows these compounds help protect cells from oxidative stress and support the body's own antioxidant defenses.

Beet Root — Blood & Iron — Beet root is among the most folate-rich vegetables you can find, and it also provides a meaningful amount of iron. Both nutrients are essential for healthy red blood cell formation. Small human studies have shown that beet supplementation can support hemoglobin levels, making it a gentle ally for those watching their iron status.

Beet Root — Exercise & Stamina — Athletes and active people have long turned to beet root for good reason. Multiple systematic reviews confirm that its natural nitrates improve oxygen efficiency and cardiorespiratory endurance, particularly for recreational exercisers. Think of it as a natural way to help your body get more out of every workout.

Licorice Root — Licorice root has been prized for thousands of years, and modern research is catching up with tradition. It helps support the gut lining, encourages healthy acid balance in the stomach, and has natural antispasmodic properties that can ease cramping and discomfort — making it a cornerstone ingredient for digestive wellness.

Licorice Root — Heartburn & Reflux Relief — Deglycyrrhizinated licorice (DGL) has been studied in placebo-controlled trials for heartburn and acid reflux. A standardized Glycyrrhiza extract taken twice daily for 30 days showed meaningful reductions in heartburn and regurgitation in research participants, offering a plant-based option for those who want to support comfortable digestion.

Licorice Root — Digestive Comfort — Licorice root is one of the key botanicals in Iberogast, a well-researched herbal blend with multiple clinical trials showing it reduces abdominal discomfort and IBS-related symptoms. Its ability to calm the gut lining and ease spasms makes it a trusted choice for anyone dealing with occasional bloating, cramping, or digestive upset.

Licorice Root — Cortisol & Adrenal Balance — Licorice root contains glycyrrhizin, a compound that helps the body hold onto its natural cortisol a little longer by slowing the process that breaks it down. A published clinical trial found this effect meaningful enough to be studied in the context of adrenal health, pointing to licorice's role in supporting the body's stress-response system.

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