



NATURE'S SUNSHINE

# Nerve Eight

GOOD FOR

Nervous System

Digestive System

Immune System

SIZE **100 Capsules**

ITEM # **873**

SERVING **2**

SUPPLY **16 days**

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

## — How the Key Ingredients Work

Nerve Eight brings together eight time-honored herbs chosen to support your body's natural ability to stay comfortable, calm, and balanced. Each ingredient has its own story — and together they cover a wide range of everyday wellness needs, from easing tension to soothing digestion and helping you feel more like yourself.

**Capsicum** — Made from chili peppers, capsicum has been used for centuries to support comfort and vitality. Research shows it may help ease occasional stomach upset and digestive discomfort, and studies suggest it can support a healthy appetite and help the body manage how it uses energy — all while delivering powerful antioxidant plant compounds.

**White Willow Bark** — Known as nature's original comfort herb, white willow bark has been relied on since ancient times to help with everyday aches and stiffness. Its natural plant compounds — the same family that inspired aspirin — have been studied for supporting back comfort and joint ease, and it also brings antioxidant support to the formula.

**Hops** — Best known for flavoring beer, hops is also a respected wellness herb. Its natural bitter compounds help support healthy digestion and a balanced appetite by encouraging the body's own fullness signals. Hops also brings a rich supply of plant antioxidants, and early research points to additional benefits for bone health and blood sugar balance.

**Valerian Root** — Valerian has been used in European herbal traditions since ancient Greece to help people feel calmer and sleep more soundly. Modern research supports its traditional reputation — studies show it may help ease feelings of restlessness and tension, support a relaxed mood, and help promote more restful, refreshing sleep at the end of a long day.

**Wood Betony** — A beloved herb in European folk medicine for hundreds of years, wood betony has traditionally been used as a gentle stomach soother — helping with occasional bloating, cramping, and digestive unease. Laboratory studies also suggest it carries meaningful antioxidant activity, and it has a long history of use as a calming, restorative herb for the nervous system.

**Ginger** — One of the world's most trusted digestive herbs, ginger has been used for over 2,500 years to settle the stomach and ease discomfort. Research shows it helps support healthy digestion by encouraging the stomach to empty at a comfortable pace, easing bloating and nausea. It also delivers well-studied antioxidant compounds that help protect the body from everyday stress.

**Devil's Claw** — Named for its distinctive hooked fruit, devil's claw is a southern African root with a strong track record in herbal medicine. It is officially recognized in Europe for supporting comfortable digestion and easing mild digestive complaints like bloating. Multiple clinical studies also support its use for everyday joint and muscle comfort, making it one of the most versatile herbs in this formula.

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