



NATURE'S SUNSHINE

Distress Remedy

GOOD FOR

Nervous System

Brain

SIZE **2 fl oz**

ITEM # **8778**

SERVING **1 mL**

SUPPLY **14 days**

DIRECTIONS FOR USE Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. Avoid any contact with dropper to eliminate product contamination. For children under 12, consult your health care professional.

— How the Key Ingredients Work

Distress Remedy brings together a thoughtfully chosen blend of botanicals and flower essences — each with a long history of traditional use or research-backed support — to help your body and mind handle the bumps of daily life with a little more ease. From soothing everyday aches to calming emotional tension, every ingredient plays a role in this whole-person formula.

Arnica — A beloved mountain herb with centuries of use, arnica is best known for helping ease muscle soreness, joint discomfort, and the kind of aches that come from everyday activity. It also brings natural antioxidant compounds — including flavonoids and phenolic acids — that help the body defend against everyday oxidative stress. Clinical studies have looked at arnica for knee and hand joint comfort, low back discomfort, and even minor skin irritation from insect bites.

Star of Bethlehem — One of the five original Bach flower essences, Star of Bethlehem has long been used in traditional practice to support the body and spirit after moments of shock, grief, or sudden emotional upset. Homeopathic tradition also describes it for feelings of heaviness in the chest and stomach. It is considered a cornerstone calming ingredient in classic flower-essence blending.

Rose — Rose brings a dual gift to this formula. Rosehip — the fruit of *Rosa canina* — is packed with vitamin C and polyphenols that support the body's natural antioxidant defenses and have been studied for joint comfort. *Rosa damascena*, the fragrant Damask rose, has been explored in multiple clinical trials for its ability to help ease feelings of anxiety and support a calmer, more balanced mood.

Impatiens — Impatiens has deep roots in folk medicine across Asia and Africa, where it has traditionally been used for joint stiffness and rheumatic discomfort. Research shows that extracts from this plant contain compounds that help the body manage everyday inflammatory responses. Its antioxidant activity has also been confirmed in laboratory studies, making it a well-rounded botanical for physical comfort and resilience.

Clematis — Known in English gardens as Traveller's Joy, clematis has been studied for its ability to support joint comfort and help the body manage everyday pain signals. Preclinical research and some clinical work on clematis-containing formulas have shown results comparable to common over-the-counter options for joint discomfort. The plant also contributes antioxidant compounds that support the body's natural defenses.

Plum Fruit — Plum fruit — from the *Prunus* family — has been cultivated and valued for thousands of years across cultures. As part of this formula it contributes the nourishing, supportive qualities of this well-loved fruit, which has a long tradition of use in both food and wellness practices. Its inclusion adds a gentle, wholesome dimension to the overall blend.

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