



NATURE'S SUNSHINE

Open Heart

GOOD FOR

Nervous System

Brain

SIZE 2 fl oz

ITEM # 8782

SERVING 1 mL

SUPPLY 14 days

DIRECTIONS FOR USE Take 10–15 drops under the tongue, then swallow, 4 times daily. Avoid any contact with dropper to eliminate product contamination.

— How the Key Ingredients Work

Open Heart brings together a thoughtfully chosen blend of botanicals — each with its own tradition of nurturing the body and the emotions. Together they work to help you feel more at ease, more resilient, and more like yourself.

Mimulus — Drawn from Dr. Edward Bach's beloved flower remedy tradition, Mimulus has been used since the 1930s to ease the kind of everyday fears and worries that come from known causes — nerves before a big moment, shyness, or quiet anxiety. Traditionally, it's said to replace nervous tension with a gentle, steady calm.

Rosa californica — California Wild Rose brings the warmth of a plant that has been cherished for generations. Its hips are naturally rich in vitamin C and protective plant compounds that help the body defend itself from everyday oxidative stress. Traditionally, indigenous communities also turned to this rose for digestive comfort and general nourishment.

Evening Primrose Oil — Pressed from the seeds of the golden evening primrose flower, this oil is a natural source of a beneficial fatty acid called GLA. Research suggests it may help support healthy joints, comfortable skin, and balanced blood sugar levels — making it a quietly powerful addition to any daily wellness routine.

Yerba Santa — Translated as 'holy herb,' yerba santa has a long and respected history among California's indigenous peoples as a go-to plant for the chest and lungs. Traditionally used to ease coughs and support clear, comfortable breathing, it has been a staple of Western botanical medicine for respiratory wellness for well over a century.

Baby Blue Eyes — Named for its delicate sky-blue blooms, Baby Blue Eyes (*Nemophila menziesii*) is a native wildflower of western North America with deep roots in the region's botanical heritage. It contributes to this formula as a gentle botanical presence, reflecting the tradition of using native flowering plants to support emotional and physical balance.

Golden Eardrops — Golden Eardrops (*Ehrendorferia chrysantha*) is a striking native California wildflower with bright golden blooms and a long history of use in traditional Western herbalism. Its inclusion in this formula honors the rich tradition of California's native plant medicine, adding botanical depth and a connection to the land's healing heritage.

Calochortus — Known as the Mariposa Lily or Sego Lily, Calochortus is a graceful bulbous wildflower native to western North America. Revered by indigenous peoples of the region, it carries a quiet significance in the tradition of native plant wellness. Its presence in this blend reflects a deep respect for the botanical wisdom of the American West.

 (888) 510-7196  service@caringsunshine.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

