



NATURE'S SUNSHINE

Be Response-Able

GOOD FOR

Nervous System

Brain

SIZE **2 fl oz**

ITEM # **8783**

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

Be Response-Able brings together time-honored botanicals that help your body handle everyday stress, discomfort, and imbalance with greater ease. Each ingredient was chosen to support a specific piece of your wellness picture — from how you feel emotionally to how well your body manages inflammation, blood sugar, and more.

Agrimony — A gentle but well-studied herb from the rose family, agrimony has been used for centuries to support liver health and healthy blood sugar levels. Research shows it may help the body's natural detox pathways — one clinical trial found it helped bring liver enzyme levels back into a healthy range after just eight weeks. It also brings antioxidant support to the table, with one human study showing it raised the body's overall antioxidant capacity after a month of use.

Black Cohosh — Long used by Native Americans and now one of the most researched botanicals for women's wellness, black cohosh is best known for helping ease the mood swings, hot flashes, and anxious feelings that can come with hormonal changes. It works through pathways in the brain that influence mood and comfort rather than acting like a hormone itself, making it a thoughtful choice for emotional balance and bone support during life transitions.

California Poppy — California's golden state flower has a calming side that goes well beyond its beauty. Backed by a double-blind clinical trial, it has been shown to help ease mild-to-moderate anxiety when combined with complementary botanicals. It also supports more restful sleep — helping people fall asleep more easily and wake up less during the night — and has even been recognized by Health Canada as a supportive option for managing everyday chronic discomfort.

Mullein — Mullein has been a go-to respiratory herb in European and American folk traditions for hundreds of years, and modern lab research backs up its reputation. Its natural mucilage coats and soothes irritated airways, while its plant compounds help support a healthy inflammatory response in the lungs. Studies have also confirmed strong antioxidant activity, and lab research shows it may help the body defend against certain viruses in the herpes family.

Yucca — Native to the Mojave Desert, yucca is a tough plant with impressive wellness credentials. A double-blind clinical trial found that yucca saponin tablets helped reduce joint pain, swelling, and stiffness in people with both osteoarthritis and rheumatoid arthritis. Animal and observational research also suggests it may support healthy blood pressure and blood sugar levels, while its unique antioxidant compounds — including resveratrol — help protect cells from everyday oxidative stress.

Black-Eyed Susan — Black-eyed Susan (*Rudbeckia hirta*) is a cheerful North American wildflower with a long history of traditional use among Indigenous peoples. As a member of the Asteraceae family, it has been valued in herbal traditions for its role in supporting the body's natural defenses. It rounds out this formula as a complementary botanical, adding to the broad spectrum of plant support the blend provides.

 (888) 510-7196  service@caringsunshine.com

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