



NATURE'S SUNSHINE

Keep Cool

Organic

Non-GMO

GOOD FOR

Nervous System

Brain

SIZE **2 fl oz**

ITEM # **8784**

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

Keep Cool brings together a thoughtfully chosen blend of botanicals — each one selected for its time-honoured role in supporting comfort, calm, and everyday resilience. Together they work to help your body stay balanced, soothe everyday irritation, and keep you feeling your best from the inside out.

Willow Bark — One of nature's most trusted comfort herbs, willow bark has been used for centuries to ease everyday aches and support a healthy response to inflammation. Clinical studies back its use for back and joint discomfort, and its rich mix of polyphenols also helps the body defend against oxidative stress.

Calendula — Beloved in European herbal tradition, calendula — also known as pot marigold — is packed with carotenoids, flavonoids, and phenolic compounds that help the body manage inflammation and support healthy skin. It has been shown in clinical studies to encourage wound healing and is widely recognised for its antioxidant properties.

Grape — Grape polyphenols — including resveratrol, proanthocyanidins, and anthocyanins — are among the most studied plant antioxidants available. Multiple clinical trials show that grape-derived compounds support healthy blood pressure, promote good circulation, and help protect the body's cells from everyday oxidative wear and tear.

Lily — In Traditional Chinese Medicine, lily bulb has long been prized as a gentle spirit-calming herb. Modern research supports this reputation: preclinical studies show that its saponins, polysaccharides, and alkaloids promote relaxation and help ease feelings of restlessness and anxiety, making it a natural fit in a formula designed to help you keep cool.

Impatiens — Impatiens has a rich history in Asian and African folk medicine for soothing joints and easing inflammation. Preclinical studies confirm that its extracts can help moderate key inflammatory pathways, and laboratory work shows strong antioxidant activity — supporting the body's natural defences against everyday stress.

Holly — Holly leaf, particularly from *Ilex aquifolium*, has been used in traditional European herbalism for joint pain and rheumatism for generations. In vitro studies confirm that its phenolic compounds — including chlorogenic acid and rutin — help neutralise harmful free radicals and support the body's natural anti-inflammatory response.

Snapdragon — Snapdragon flowers bring a long tradition as an antiphlogistic — a plant used to calm heat and inflammation in the skin. Laboratory studies show that snapdragon extract can help quieten key triggers of inflammation in cell models, and its seed oil demonstrates impressive antioxidant activity, even outperforming extra virgin olive oil in some assays.

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