



NATURE'S SUNSHINE

Fenugreek & Thyme

GOOD FOR

Respiratory System

Lungs

Connective Tissue

SIZE **100 Capsules**

ITEM # **885**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

Fenugreek and Thyme bring together two of nature's most trusted herbs to support clear, comfortable breathing and a healthy respiratory system. This simple yet powerful formula works to help keep your airways feeling open, your body's natural defenses strong, and your lungs supported through every season.

Fenugreek — Fenugreek seeds have been used for centuries to support the body's natural ability to manage mucus and keep the airways feeling clear and comfortable. Its natural plant compounds also help the body defend itself against everyday oxidative stress, making it a well-rounded herb for overall respiratory and whole-body wellness.

Fenugreek – Respiratory & Mucus Support — One of fenugreek's most celebrated traditional roles is helping the body manage excess mucus and phlegm. Its naturally soothing, gel-like fiber content helps coat and calm irritated tissues, supporting the respiratory tract during times of seasonal challenge and helping you breathe more comfortably day to day.

Fenugreek – Antioxidant Defense — Fenugreek seeds are packed with natural plant compounds — including flavonoids, polyphenols, and other beneficial phytochemicals — that help the body fight back against free radicals. These antioxidant properties have been documented across multiple studies, supporting the body's own protective systems and helping maintain healthy cells and tissues.

Fenugreek – Connective Tissue & Whole-Body Support — Beyond the lungs, fenugreek's rich mix of natural compounds helps support connective tissue health throughout the body. Its soothing properties extend to the body's inner linings and tissues, helping to reduce everyday irritation and keep the body's structural systems feeling their best over time.

Fenugreek – Digestive Comfort — Fenugreek's naturally occurring soluble fiber forms a gentle, soothing layer along the digestive tract, helping to ease occasional bloating and abdominal discomfort. Clinical studies have noted reduced bloating with regular fenugreek use, reflecting how deeply this herb supports the body's comfort from the inside out.

Thyme — Thyme has been a go-to herb in natural health traditions for generations, and for good reason. Rich in powerful plant compounds like thymol and rosmarinic acid, thyme actively supports the respiratory system, helps the body manage seasonal challenges, and brings impressive antioxidant strength to every serving of this formula.

Thyme – Bronchial & Upper Respiratory Health — Thyme is perhaps best known for its ability to support the bronchial passages and upper respiratory tract. Its natural compounds have long been used to help keep airways feeling open and comfortable, making thyme a cornerstone herb for anyone looking to support healthy breathing and lung function throughout the year.

Thyme – Seasonal Respiratory Support — When seasonal changes bring challenges to your breathing and overall respiratory comfort, thyme is a trusted ally. Traditional herbal use and modern research both highlight thyme's role in supporting the body's natural response to seasonal respiratory stress, helping you feel more at ease no matter what the season brings.

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