



NATURE'S SUNSHINE

# Liver Balance TCM

GOOD FOR

Liver

Digestive System

Nervous System

SIZE **30 Capsules**

ITEM # **1008**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

## — How the Key Ingredients Work

Liver Balance TCM brings together ten time-honored herbs from Traditional Chinese Medicine, each chosen to help your body stay in harmony — supporting your liver, your digestive system, your natural defenses, and your overall sense of wellbeing. Together they form a whole-body formula rooted in centuries of use and backed by growing modern research.

**Bupleurum Root** — One of TCM's most celebrated herbs, bupleurum root has been used for centuries to support liver health and help the body handle stress. Research in animal models shows it helps protect the liver from oxidative damage, supports a balanced immune response, and may help ease feelings of tension and anxiousness.

**Peony Root** — White peony root is a cornerstone of Chinese herbal medicine for supporting the blood and calming the body. Its key compounds have been studied extensively for their ability to help balance the immune system, ease discomfort in the joints, and protect cells from oxidative stress — with clinical research supporting its use in several autoimmune-related conditions.

**Baikal Skullcap** — Known in TCM as Huang Qin, Baikal skullcap is prized for 'clearing heat' from the body. Its natural flavonoids have been shown in multiple studies to help calm inflammation, support healthy lung and respiratory function, and assist the body in managing fever — making it a versatile herb for overall wellness.

**Atractylodes** — Atractylodes rhizome, called Bai Zhu in TCM, is traditionally used to strengthen digestion and support the body's energy. Modern research shows its natural compounds help protect cells from oxidative stress, support healthy blood sugar levels already in the normal range, and may help stimulate healthy appetite and digestive activity.

**Ginger Root** — A beloved warming spice used in traditional medicine for over 2,500 years, ginger helps keep your digestive system running smoothly. Studies show it supports healthy gastric emptying, eases bloating and abdominal discomfort, and delivers powerful antioxidant compounds that help protect cells from everyday oxidative wear and tear.

**Licorice Root** — Sweet and soothing, licorice root has a long history in both Eastern and Western herbal traditions. It helps support the gut lining, ease occasional heartburn and digestive discomfort, and has been studied in clinical trials for its ability to reduce acid reflux symptoms — all while contributing a naturally pleasant flavor to the formula.

**Ginseng Root** — Revered across Asia for thousands of years, ginseng is the classic herb for vitality and resilience. Research shows it helps the body adapt to stress, supports healthy energy levels, and provides well-characterized antioxidant compounds. Studies also point to benefits for healthy blood pressure and good circulation.

**Cinnamon Bark** — Far more than a kitchen spice, cinnamon bark is rich in polyphenols that rank among the most potent antioxidants found in any plant. Clinical studies show it supports healthy blood pressure and helps the body maintain balanced blood sugar levels, while traditional Ayurvedic and Chinese medicine have long used it to warm and support the digestive system.

 (888) 510-7196  [service@caringsunshine.com](mailto:service@caringsunshine.com)

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