



NATURE'S SUNSHINE

Stress Relief TCM

GOOD FOR

Nervous System

Cardiovascular system

Digestive System

SIZE **30 Capsules**

ITEM # **1033**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

Stress Relief TCM brings together twelve time-honored herbs and mushrooms from Traditional Chinese Medicine, each chosen to help your body find its balance — easing tension, supporting a calm mind, and nourishing the systems that stress hits hardest. This thoughtfully layered formula works gently and holistically, the way nature intended.

Silk Tree (Albizia julibrissin) — Known in TCM as the 'happiness herb,' silk tree bark has been used for over 2,000 years to calm the mind and lift the spirit. Research points to its ability to support the body's natural relaxation pathways, making it one of the most studied botanicals for easing feelings of worry and restlessness.

Polygala Root — A classic TCM herb for the mind, polygala root has been shown in human trials to support memory and mental clarity. It also helps protect brain cells from everyday oxidative wear and tear, and has a long history of use in both Chinese and Korean traditional medicine for keeping the mind sharp and settled.

Jujube — Sweet, nourishing jujube fruit has been a cornerstone of TCM 'blood-nourishing' formulas for millennia. Packed with vitamin C and a rich array of plant compounds, it delivers meaningful antioxidant support and has traditionally been used to calm the spirit and replenish the body after periods of stress and fatigue.

Ginseng — One of the world's most celebrated tonic herbs, ginseng has been used in TCM for thousands of years to combat fatigue and help the body cope with stress. It supports the body's stress-response system and has been shown in clinical research to help maintain healthy energy levels and overall vitality.

Turmeric — Turmeric's golden active compound, curcumin, is one of the most researched plant ingredients on the planet. Multiple human clinical trials confirm it raises the body's own antioxidant defenses and helps keep inflammation in check — two things that matter enormously when chronic stress takes a toll on the body day after day.

Ginger — A warming, time-tested root used in TCM for over 2,500 years, ginger supports comfortable digestion and helps ease the stomach upset that often accompanies stress. Its active compounds are well-documented antioxidants that also help the body maintain a healthy inflammatory balance from the inside out.

Oyster Mushroom — Oyster mushroom is among the richest food sources of ergothioneine, a unique antioxidant that the body actively draws into its tissues. Clinical research shows it supports healthy blood sugar and blood pressure — two markers that can drift out of range during prolonged stress — and may also help keep appetite on an even keel.

Coptis Chinensis (Huanglian) — Chinese goldthread has been a pillar of TCM for more than 2,000 years. Its key compound, berberine, has robust clinical evidence for supporting healthy blood sugar levels and has been shown to activate the body's own antioxidant defenses. It also supports healthy blood pressure, making it a valuable ally when stress strains multiple body systems at once.

 (888) 510-7196  service@caringsunshine.com

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