



NATURE'S SUNSHINE

Trigger Immune TCM

GOOD FOR

Immune System

Lymphatic System

Adrenals

SIZE **30 Capsules**

ITEM # **1034**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

Trigger Immune TCM brings together sixteen time-honored herbs from Traditional Chinese Medicine, each chosen to help your body stay balanced, resilient, and energized. Together they form a whole-body formula that supports your immune defenses, helps manage everyday stress, and nurtures the systems that keep you feeling your best.

Astragalus — One of TCM's most celebrated roots, astragalus has been used for centuries to strengthen the body's natural defenses. Research shows it helps keep the immune system balanced and may support healthy blood, heart comfort, and the body's ability to handle oxidative stress — all while being gentle enough for everyday use.

Ginseng — A legendary adaptogen used across Asia for thousands of years, ginseng helps the body cope with physical and mental stress. Studies suggest it supports healthy energy levels, helps the body maintain a balanced stress response, and provides antioxidant protection that contributes to overall vitality and resilience.

Ganoderma — Known as the 'mushroom of immortality' in TCM, ganoderma is prized for its broad wellness support. Clinical research points to its ability to boost the body's antioxidant capacity, support a calm, balanced mood, and contribute to healthy immune function — making it a cornerstone of many traditional longevity formulas.

Rehmannia Glutinosa — A foundational TCM tonic herb, rehmannia root is traditionally used to nourish and restore the body. Preclinical research highlights its antioxidant properties and its ability to help support healthy blood sugar levels and bone strength, while its active compounds help protect cells from everyday oxidative wear and tear.

Peony — Chinese peony root has a long history in TCM for supporting comfort and balance throughout the body. Its active compounds show meaningful antioxidant and anti-inflammatory activity in research, and clinical studies in China have recognized its role in supporting healthy immune regulation and joint comfort as part of a broader wellness approach.

Schisandrins — Derived from the five-flavor berry of Schisandra chinensis, schisandrins are powerful plant compounds that act as natural antioxidants. Human trials suggest they may help support muscle strength, healthy energy metabolism, and balanced blood sugar, while also helping the body adapt to stress through their well-documented effect on the body's stress-response system.

Boxthorn — Better known as wolfberry or goji, boxthorn is packed with polysaccharides, zeaxanthin, and antioxidant compounds. Human trials confirm it raises the body's antioxidant capacity, and research also points to support for healthy blood sugar, balanced cholesterol levels, and a calmer inflammatory response — all from one of TCM's most beloved tonic berries.

Licorice Root — Far more than a flavoring, licorice root has been used medicinally for millennia. It helps support a comfortable digestive system, contributes to gut lining integrity, and has been studied for its role in managing everyday heartburn and abdominal discomfort. It also acts as a harmonizing herb in TCM formulas, helping other ingredients work together.

 (888) 510-7196  service@caringsunshine.com

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