



NATURE'S SUNSHINE

# Mood Elevator TCM

GOOD FOR

Nervous System

Liver

Brain

SIZE **30 Capsules**

ITEM # **1035**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take one capsule with a meal daily.

## — How the Key Ingredients Work

Mood Elevator TCM brings together a carefully chosen blend of time-honored Chinese herbs and supportive botanicals, each selected to help your body handle everyday stress, keep energy steady, and nurture a brighter, more balanced sense of well-being. This formula works as a team — every ingredient playing its own role to help you feel more like yourself.

**Bupleurum Falcatum** — Known in Traditional Chinese Medicine as Chai Hu, this revered root has been used for centuries to help the body cope with stress and tension. Research in animal studies shows it may support a calmer, more relaxed state, and it is a cornerstone herb in classic TCM formulas designed to lift and smooth emotional well-being.

**Ginseng** — One of the world's most celebrated herbs, ginseng has been used for thousands of years to fight fatigue and help the body adapt to stress. Studies show it supports healthy energy levels, helps the body manage its stress response, and provides antioxidant support — making it a natural anchor for any mood and vitality formula.

**Dong Quai Root** — Often called 'female ginseng,' dong quai has been treasured in TCM for over 2,000 years as a nourishing tonic herb. Traditionally used in combination formulas to support hormonal balance, ease menstrual irregularity, and promote a sense of inner calm, it brings deep roots in women's wellness to this blend.

**Szechuan Lovage** — This aromatic rhizome — known as Chuanxiong in TCM — has a long history of supporting healthy circulation and helping the body move stagnant energy, which TCM practitioners associate with low mood and tension. Its active compounds also show antioxidant activity, helping protect the body from everyday oxidative wear.

**Ophiopogon Root** — Called Maidong in Chinese herbal tradition, ophiopogon root is prized for its ability to nourish and moisten — traditionally used to ease dryness, support fluid balance, and calm a restless mind. Preclinical research backs its antioxidant properties and its role in supporting healthy inflammation levels in the body.

**Perilla** — A fragrant herb from the mint family, perilla has been used across Asia both in the kitchen and in the medicine cabinet. Research shows it is rich in antioxidant compounds that help protect the body from oxidative stress. In TCM, perilla leaf is traditionally used to ease tension, support the lungs, and promote a settled, comfortable feeling.

**Licorice Root** — Sweet and soothing, licorice root is one of TCM's great harmonizing herbs — traditionally added to formulas to help all the other ingredients work together smoothly. It supports a healthy gut lining, helps ease digestive discomfort, and contains compounds that support the body's natural cortisol balance, which is closely tied to how we handle stress.

**Ginger** — Ginger has been a go-to comfort herb for over 2,500 years. Beyond its well-known ability to soothe an uneasy stomach and support healthy digestion, ginger's active compounds are potent antioxidants that help the body manage oxidative stress. A settled, comfortable digestive system is a quiet but important foundation for overall mood and well-being.

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