



NATURE'S SUNSHINE

Mineral-Chi Tonic (Chinese)

GOOD FOR

Adrenals

Immune System

Nervous System

SIZE **32 fl oz**

ITEM # **1818**

SERVING **15 mL**

SUPPLY **31 days**

DIRECTIONS FOR USE Take 1 tablespoon (15 mL) in the morning and 1 tablespoon in the evening daily. May be mixed with water or juice, to taste. Keep lid tightly closed and refrigerate after opening. Shake well before using.

— How the Key Ingredients Work

Mineral-Chi Tonic brings together eleven time-honored Chinese and natural ingredients — each chosen to support your energy, circulation, antioxidant defenses, and overall balance. Together they work as a team, helping your body feel its best from the inside out.

Astragalus — One of the most treasured roots in Chinese herbal tradition, astragalus has been used for centuries to support vitality and resilience. Research shows it helps the body defend against oxidative stress and supports healthy immune balance, making it a true cornerstone of this formula's energy-supporting foundation.

Reishi Mushroom — Known in China as the 'mushroom of immortality,' reishi has been revered for thousands of years. Studies suggest it helps support a calm, balanced immune response, may ease feelings of anxiety-related fatigue, and provides meaningful antioxidant support — all reasons it remains a star ingredient in traditional wellness formulas.

Jiaogulan — Sometimes called 'miracle grass' or 'poor man's ginseng,' jiaogulan is a climbing vine prized across South and East Asia. Clinical research shows it may help support healthy cholesterol levels, promote relaxed blood vessels, and ease feelings of anxiety under everyday stress — a gentle, well-rounded herb for heart and mind.

Schisandrins — Derived from the five-flavored berry of Schisandra chinensis, schisandrins are the active compounds behind this adaptogen's reputation for helping the body handle stress. Controlled trials suggest they support healthy energy levels, may help maintain normal blood sugar, and act as powerful antioxidants that protect cells from everyday wear and tear.

Ginkgo Biloba — One of the oldest trees on Earth, ginkgo has been studied extensively for its ability to support healthy circulation and protect cells from oxidative damage. Its unique blend of natural compounds helps promote good blood flow to small vessels, supports arterial health, and may help ease occasional feelings of anxiousness — benefits backed by numerous clinical trials.

Boxthorn (Wolfberry) — The bright red wolfberry — known as goji in many markets — is loaded with natural plant compounds including polysaccharides, zeaxanthin, and vitamin C. Research shows these compounds work together to raise the body's antioxidant defenses, support healthy blood sugar already in the normal range, and help maintain a balanced cholesterol profile.

Fulvic Acid — Formed naturally as organic matter breaks down in rich soils, fulvic acid is a remarkable compound that has been used in Ayurvedic tradition for centuries as an energy-restoring tonic. Studies suggest it supports the body's cellular energy production, helps neutralize free radicals, and may play a role in supporting healthy blood sugar balance through its antioxidant activity.

Licorice Root — Far more than a candy flavoring, licorice root has a long history in both Chinese and Western herbal medicine. It is best known for soothing the digestive tract — research shows it helps support the stomach lining, eases occasional heartburn and abdominal discomfort, and has natural antispasmodic properties that help the gut feel calm and comfortable.

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