



NATURE'S SUNSHINE

Anti-Gas (Chinese)

GOOD FOR

Digestive System

Urinary System

Lymphatic System

SIZE **100 vegcaps**

ITEM # **1869**

SERVING **3**

SUPPLY **11 days**

DIRECTIONS FOR USE Take three VegCaps with a meal three times daily.

— How the Key Ingredients Work

This traditional Chinese-inspired blend brings together time-honored herbs and wholesome grains to help ease gas, bloating, and everyday digestive discomfort. Each ingredient plays a supporting role in keeping your gut settled, your body comfortable, and your overall wellness on track.

Ginger — One of the world's most trusted digestive herbs, ginger has been used for over 2,500 years to calm an upset stomach. It helps food move through the digestive tract more smoothly, eases bloating and abdominal discomfort, and supports healthy gut motility — making it a cornerstone of this formula.

Licorice Root — Licorice root has a long history of soothing the digestive tract. It helps support the gut lining, eases abdominal discomfort, and has natural antispasmodic properties. It is a key ingredient in well-studied digestive comfort blends and helps keep the stomach feeling settled after meals.

Cardamom — Known as the 'Queen of Spices,' cardamom is a warming herb from the ginger family with a gentle, aromatic quality. Traditionally used to ease gas and digestive tension, it also brings antioxidant support and has been studied in clinical trials for its role in overall metabolic wellness.

Magnolia — Magnolia bark, known in traditional Chinese medicine as Houpu, has been used for centuries to support digestive comfort and ease tension in the body. It also provides antioxidant support and has been studied for its calming properties, which may help ease the stress-related component of digestive upset.

Atractylodes — A foundational herb in traditional Chinese medicine, atractylodes is prized for supporting healthy digestion and appetite. Research suggests it may help stimulate gastric motility and digestive activity. It also provides antioxidant support and has been used traditionally to address sluggish digestion and abdominal fullness.

Barley — Whole barley brings natural fiber — particularly beta-glucan — to this formula, which helps support healthy digestion and a comfortable feeling of fullness. Barley has also been studied in clinical trials for its role in easing abdominal symptoms and supporting the gut lining, making it a nourishing addition to this blend.

Hawthorn — Hawthorn berry is widely used in traditional Chinese medicine to support digestion, particularly after heavy or fatty meals. Rich in natural plant compounds, it also provides antioxidant support and helps promote healthy circulation, contributing to overall comfort and wellness throughout the body.

Platycodon Root — Also called balloon flower root, platycodon has been used in East Asian herbal traditions for centuries. It supports respiratory comfort and has documented antioxidant properties. In digestive formulas, it is traditionally included to help move stagnant energy and support overall abdominal ease and comfort.

Hyssop — Hyssop is a fragrant Mediterranean herb with a long history of use in traditional Persian and Uyghur medicine. It has been studied for its antioxidant properties and its ability to support respiratory and digestive comfort. Its natural plant compounds help the body maintain a healthy internal balance.

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