



NATURE'S SUNSHINE

IF-C

GOOD FOR

Immune System

Joints

Lymphatic System

SIZE 100 Capsules

ITEM # 1875

SERVING 2

SUPPLY 25 days

DIRECTIONS FOR USE Take two VegCaps with a meal twice daily.

— How the Key Ingredients Work

IF-C brings together sixteen carefully chosen herbs — many with centuries of use in Traditional Chinese Medicine — to help your body maintain a healthy, balanced response to everyday stress and irritation. Each ingredient plays its own supporting role, working together to help you feel more comfortable and resilient from the inside out.

Baikal Skullcap — One of TCM's most respected herbs for cooling heat and calming irritation, Baikal Skullcap contains powerful plant compounds — baicalin and baicalein — that research shows help the body keep its inflammatory response in check. It has also been studied for supporting lung and respiratory comfort and is traditionally used to help the body manage fever.

Honeysuckle — Known in Chinese as the 'gold-silver flower,' honeysuckle has been treasured for thousands of years for its ability to help the body cool down and clear heat. Studies show its natural compounds support a healthy inflammatory response, help the body defend against oxidative stress, and may even support healthy cholesterol and blood sugar levels already in the normal range.

Forsythia — The bright golden berries of forsythia have been used in TCM since ancient times to help the body manage heat and irritation. Research shows forsythia's active compounds — particularly forsythoside A and phillyrin — help support a balanced inflammatory response, provide antioxidant protection, and have been studied for their potential to support comfortable, easy breathing.

Licorice Root — Far more than a flavoring, licorice root is one of the most widely used herbs in traditional medicine worldwide. It helps soothe and protect the digestive lining, supports comfortable digestion, and acts as a natural harmonizer in herbal formulas — helping the other herbs work together more smoothly. It also brings meaningful antioxidant and anti-inflammatory support to the blend.

Peony — Chinese peony root has a long history in TCM for supporting comfort, easing tension, and helping the body maintain healthy blood flow. Its key compounds, including paeoniflorin, have been studied in clinical settings for supporting joint comfort and a healthy immune response. Research also suggests it may help support healthy blood sugar levels already within a normal range.

Coptis Chinensis — Known as Huanglian or Chinese Goldthread, this bright yellow root has been used in TCM for over 2,000 years. Its primary active compound, berberine, has been studied extensively and shown in clinical trials to help support healthy blood sugar levels. It also supports antioxidant defenses and has been researched for its role in supporting healthy skin.

Chrysanthemum — Beloved both as a flower and a wellness herb, chrysanthemum brings gentle but meaningful support to this formula. Studies show its flavonoids and plant compounds help the body defend against oxidative stress, support healthy cholesterol levels already in the normal range, and may help support comfortable blood pressure. It is a traditional TCM herb for calming heat and supporting clear, comfortable vision.

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