



NATURE'S SUNSHINE

Mood Elevator (Chinese)

GOOD FOR

Liver

Nervous System

Brain

SIZE **100 VegCaps**ITEM # **1878**SERVING **1**SUPPLY **100 days**

DIRECTIONS FOR USE Take one VegCap with a meal daily.

— How the Key Ingredients Work

Mood Elevator brings together a carefully chosen blend of traditional Chinese herbs — each one selected to help your body handle everyday stress, support a calm and balanced mind, and keep your energy steady from morning to night. This formula draws on centuries of herbal wisdom, now backed by modern research, to help you feel more like yourself.

Ginseng — One of the most celebrated herbs in Chinese medicine, ginseng has been used for thousands of years to fight fatigue and help the body cope with stress. Research shows it supports healthy energy levels, helps the body respond to stress more calmly, and provides antioxidant support that protects cells from everyday wear and tear.

Bupleurum Falcatum — Known in TCM as Chai Hu, this revered root has been used for centuries to ease tension and support emotional balance. Preclinical studies show it helps the body manage stress responses and produces calming effects, making it a cornerstone herb in traditional formulas aimed at lifting mood and relieving feelings of unease.

Dong Quai Root — Often called 'female ginseng,' dong quai root has been treasured in Chinese medicine for over 2,000 years as a nourishing tonic. Traditionally used in combination formulas to support hormonal balance, ease menstrual irregularity, and promote overall vitality, it brings deep-rooted herbal support to this mood and wellness blend.

Szechuan Lovage — This aromatic rhizome — known as Chuanxiong in TCM — is prized for supporting healthy circulation and overall vitality. Its active compounds show strong antioxidant activity in research studies, and it has a long history of use in classical Chinese formulas designed to move stagnant energy and support a brighter, more balanced mood.

Ophiopogon Root — Called Maidong in Chinese medicine, ophiopogon root is traditionally used to nourish and moisten the body from within. It is one of TCM's go-to herbs for relieving dryness and restoring a sense of calm comfort. Research also shows its compounds help the body defend against oxidative stress and support healthy inflammation responses.

Licorice Root — A natural harmonizer in Chinese herbal formulas, licorice root has been used for millennia to help balance the effects of other herbs and soothe the digestive system. It supports a healthy gut lining, helps ease abdominal discomfort, and brings a gentle sweetness to the formula while contributing its own antioxidant and anti-inflammatory properties.

Perilla — This fragrant herb — known as Zi Su in China — has a long history in TCM for calming the mind and easing respiratory discomfort. A clinical trial found that perilla extract helped reduce markers of nasal irritation, and a human study confirmed it can raise the body's antioxidant defenses and support healthy blood pressure levels.

Ginger — A warming, energizing root used in Chinese medicine for over 2,500 years, ginger helps keep the digestive system comfortable and running smoothly. Research shows it speeds up gastric emptying, eases bloating and abdominal discomfort, and delivers potent antioxidant compounds that help the body stay resilient against everyday stress.