



NATURE'S SUNSHINE

Spleen Activator (Chinese)

GOOD FOR

Digestive System

Spleen

Pancreas

SIZE 100 Capsules
ITEM # 1880
SERVING 2
SUPPLY 16 days
DIRECTIONS FOR USE Take two VegCaps with a meal three times daily.

— How the Key Ingredients Work

Spleen Activator draws on a time-honored Chinese herbal tradition, blending roots, seeds, and botanicals that work together to support healthy digestion, steady energy, and whole-body balance. Each ingredient plays a complementary role, helping your body feel nourished and running smoothly day after day.

Ginseng — One of the most celebrated roots in traditional Chinese medicine, ginseng is prized for helping the body handle everyday stress and fatigue. It supports steady energy levels and helps keep the body's stress-response system in balance — so you feel more resilient and less run-down, even on demanding days.

Astragalus — Known in China as Huangqi, astragalus root has been used for centuries to build vitality and support the body's natural defenses. It helps the immune system stay balanced and active, and research suggests it also supports healthy blood and circulation — making it a cornerstone of any wellness formula.

Atractylodes — White atractylodes root is a classic digestive tonic in traditional Chinese medicine, traditionally used to warm and strengthen the digestive system. It may help stimulate appetite, support comfortable digestion, and encourage the body to make better use of the nutrients in food — a key role in this spleen-focused formula.

Sclerotium (Poria) — Derived from the Poria cocos mushroom, sclerotium brings calming, balancing qualities to the blend. Its natural compounds help support a healthy inflammatory response, assist the body's built-in antioxidant defenses, and have traditionally been used to settle the digestive system and promote a calm, centered feeling.

Wild Yam — Wild yam root contributes natural plant compounds — including diosgenin — that have shown antioxidant activity in human studies, including a beneficial effect on HDL cholesterol levels in older adults. It also has a long history of traditional use for supporting digestive comfort and easing occasional abdominal discomfort.

Lotus Seed — Lotus seeds (Lian Zi) have been a staple of Chinese herbal cooking and medicine for over 3,000 years. Rich in flavonoids and beneficial alkaloids, they bring antioxidant support to the formula and have been explored for their calming, grounding qualities — traditionally used to settle the mind and support restful wellbeing.

Licorice Root — Licorice root is one of the most widely used herbs in traditional Chinese medicine and serves as a harmonizing ingredient that helps the other herbs work together. It supports a healthy, comfortable digestive tract, helps maintain the gut lining, and has been shown in clinical studies to ease occasional heartburn and abdominal discomfort.

Dong Quai Root — Often called 'female ginseng,' dong quai root has been used in Chinese herbal formulas for over 2,000 years to nourish the blood and support overall vitality. It is a traditional tonic ingredient that brings a blood-nourishing, harmonizing quality to the blend, complementing the formula's broader goal of supporting energy and inner balance.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.