



NATURE'S SUNSHINE

Nervous Fatigue Formula (Chinese)

GOOD FOR

Nervous System

Heart

Digestive System

SIZE **100 VegCaps**

ITEM # **1884**

SERVING **4**

SUPPLY **12 days**

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

— How the Key Ingredients Work

Nervous Fatigue Formula brings together a carefully chosen blend of time-honored Chinese herbs, each selected to help calm the mind, steady the nerves, lift energy, and support the body through the demands of daily stress. Together they work to nourish, protect, and restore balance from the inside out.

Ginseng — One of the world's most celebrated energy herbs, ginseng helps the body handle stress more gracefully by supporting the adrenal system and keeping cortisol in check. Studies show it supports healthy testosterone levels, promotes antioxidant defenses, and may help keep arteries flexible and blood pressure in a healthy range.

Schisandrins — The active compounds in the famous five-flavor berry, schisandrins are prized in both Chinese and Russian herbal medicine as adaptogens — herbs that help the body bounce back from mental and physical fatigue. Research shows they support the body's stress-response system, help protect cells from everyday oxidative wear, and in one controlled trial improved muscle strength and reduced resting lactic acid in women.

Astragalus — Known in Chinese as Huang Qi, astragalus is a cornerstone immune-supporting root used for centuries to build vitality. Clinical studies show it helps the body maintain healthy antioxidant defenses, and research documents its traditional role in supporting heart health and healthy blood. It is especially valued for helping the body sustain energy during periods of prolonged stress or recovery.

Polygala Root — Called Yuan Zhi in TCM, polygala root has been used for thousands of years to calm the mind and sharpen memory. Modern research backs this up — human trials in elderly adults show it supports learning and memory, and laboratory studies confirm it helps protect brain cells from oxidative stress. It is a key ingredient in Korean and Japanese traditional formulas for mental clarity.

Rehmannia Glutinosa — Di Huang is one of TCM's most foundational tonic herbs, valued for deeply nourishing the body. Preclinical studies show its active compounds support healthy blood sugar, help maintain bone density, and provide meaningful antioxidant protection across multiple tissues. It is traditionally considered essential for restoring vitality when the body feels depleted or run down.

Biota Seed — Bai Zi Ren, the seed of the oriental arborvitae tree, has a long history in Chinese medicine as a gentle herb for calming the mind and easing restlessness. Preclinical studies show it has measurable anxiety-reducing effects and may help support mood by influencing key brain neurotransmitters including serotonin and dopamine. Animal research also suggests it may help protect brain cells over time.

Ophiopogon Root — Known as Mai Dong, this slender root is prized in TCM for moistening and nourishing — it is one of the oldest recorded remedies for dry mouth and a parched, depleted feeling. Preclinical research shows its polysaccharides support healthy blood sugar, help calm inflammatory signals in the body, and provide antioxidant protection, making it a natural fit for a formula focused on restoring inner balance.

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