



NATURE'S SUNSHINE

Lung Support (Chinese)

GOOD FOR

Respiratory System

Immune System

Lungs

SIZE **100 VegCaps**

ITEM # **1887**

SERVING **2**

SUPPLY **16 days**

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

— How the Key Ingredients Work

This time-honored Chinese herbal formula brings together twelve carefully chosen roots and botanicals that have been used for centuries to support healthy breathing, a resilient immune system, and whole-body vitality. Each ingredient plays its own role, working together the way a well-balanced team does — so your lungs, energy, and defenses all get the attention they deserve.

Platycodon Root — Known as the "balloon flower root," platycodon has been a go-to lung herb in East Asian medicine for centuries. Research shows it helps calm overactive airway responses and supports comfortable, easy breathing. It also brings antioxidant activity to the formula, helping the body handle everyday oxidative stress.

Astragalus — Called Huangqi in Chinese, astragalus is one of TCM's most celebrated immune-supporting roots. Studies show it helps the body maintain a balanced immune response, including during seasonal allergy season. It also contributes meaningful antioxidant support, helping protect cells from everyday wear and tear.

Aster Root — Aster root — known as Zi Wan — has been used in China, Japan, Korea, and Vietnam for over 2,000 years specifically to ease coughs and support comfortable breathing. Preclinical studies confirm it helps relax the airways and calm airway inflammation, making it a cornerstone of this lung-focused formula.

Ophiopogon Root — Sometimes called dwarf lilyturf, ophiopogon root is prized in TCM for its ability to soothe dryness and support moisture in the body. It has a long history of use for relieving dry mouth and dry throat, and research shows its plant compounds help calm inflammation and support healthy fluid balance in the body's tissues.

Schisandrins — Derived from the berries of Schisandra chinensis — the famous five-flavor berry — schisandrins are adaptogenic compounds that help the body handle physical and mental stress more gracefully. They are well studied for their antioxidant strength, supporting the body's own natural defenses at the cellular level while also helping maintain healthy energy and stamina.

Ginseng — One of the world's most recognized herbal tonics, ginseng has been used in TCM for thousands of years to build vitality and resilience. Modern research backs up its reputation: clinical studies show ginseng supports healthy immune function, helps the body manage stress, and provides antioxidant benefits — making it a strong foundational ingredient in any wellness formula.

Anemarrhena Asphodeloides — Known in TCM as Zhi-mu, anemarrhena root has a long history of use for clearing heat and supporting the lungs. Its key compounds show meaningful antioxidant activity in research studies, and preclinical work suggests it helps support healthy blood sugar balance and normal cholesterol levels — adding broad metabolic support to this formula.

Licorice Root — Licorice root is one of the most widely used herbs in both Eastern and Western herbal traditions, and for good reason. It helps soothe the digestive tract, supports a healthy gut lining, and brings natural anti-inflammatory properties to the formula. In TCM, it is also used as a harmonizing herb that helps the other botanicals in a formula work together more smoothly.

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