



NATURE'S SUNSHINE

Trigger Immune (Chinese)

GOOD FOR

Immune System

Adrenals

Lymphatic System

SIZE **100 Capsules**

ITEM # **1889**

SERVING **2**

SUPPLY **25 days**

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

— How the Key Ingredients Work

Trigger Immune (Chinese) brings together a time-honoured collection of herbs from Traditional Chinese Medicine, each chosen to help your body stay resilient, energised, and balanced. These ingredients work as a team — supporting your immune system, protecting your cells, and nurturing overall vitality from the inside out.

Astragalus — One of the most celebrated herbs in Chinese medicine, astragalus has been used for centuries to build strength and resilience. Research shows it helps balance the immune system and supports the body's natural defences. It also provides antioxidant support, helping protect cells from everyday wear and tear.

Ginseng — A legendary tonic root prized across Asia for thousands of years, ginseng helps the body handle stress more gracefully and supports steady energy levels. Studies show it supports healthy antioxidant activity and may help maintain good circulation and vascular flexibility, making it a cornerstone of this formula.

Ganoderma — Known as the 'mushroom of immortality' in Chinese tradition, ganoderma (reishi) is valued for its calming and restorative qualities. Research confirms it supports healthy antioxidant levels in the body, including raising beneficial glutathione, and it has been studied for its potential to ease feelings of anxiety and fatigue.

Barrenwort — Also known as Yin Yang Huo or horny goat weed, barrenwort has been used in Chinese and Korean medicine for over 2,000 years as a strengthening tonic. Its active compounds support antioxidant defences across multiple organs and have been studied for their role in supporting joint comfort and healthy inflammatory responses.

Eucommia — Called Du Zhong in Chinese herbalism and listed among the 50 fundamental herbs of TCM, eucommia bark is traditionally used to strengthen the body's foundation. It supports healthy antioxidant pathways, has been shown in human studies to support normal blood pressure, and may help maintain healthy circulation and joint comfort.

Boxthorn — The bright red berries of boxthorn — better known as goji or wolfberry — are among the most antioxidant-rich foods studied. Boxthorn's natural polysaccharides help the body fight oxidative stress, support healthy blood sugar levels already in the normal range, and have been shown in trials to help maintain a healthy cholesterol balance.

Rehmannia Glutinosa — Di Huang, as it is known in Chinese medicine, is a foundational tonic herb used to nourish and restore. Its active compounds support healthy antioxidant enzyme activity throughout the body and have been studied for their role in supporting healthy blood sugar metabolism and maintaining strong, healthy bones in preclinical research.

Dong Quai Root — Often called 'female ginseng,' dong quai root has been used in Traditional Chinese Medicine for over 2,000 years as a nourishing tonic, particularly valued for supporting women's wellbeing. It is traditionally combined with other herbs to help regulate cycles, ease menopausal transitions, and support overall hormonal balance and vitality.

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