



NATURE'S SUNSHINE

Liver Balance (Chinese)

GOOD FOR

Liver

Digestive System

Nervous System

SIZE **100 Vegcaps**ITEM # **22204**SERVING **5**SUPPLY **20 days**

DIRECTIONS FOR USE Take 5 VegCaps with a meal once daily.

— How the Key Ingredients Work

Liver Balance (Chinese) brings together ten time-honored herbs from Traditional Chinese Medicine, each chosen to support the liver, digestion, and the body's natural ability to stay in balance. Together they help the body manage everyday stress on its systems, maintain healthy energy, and keep things running smoothly from the inside out.

Bupleurum Root — Known in TCM as Chai Hu, bupleurum root has been a cornerstone liver herb for centuries. Research shows it helps the body defend against oxidative stress in the liver and supports a balanced immune response. It has also been studied for its calming effects on the body's stress response, making it a natural fit for a liver-support formula.

Peony Root — White peony root brings well-documented antioxidant power to this formula, helping the body fight free-radical damage in multiple organs. It is also one of the most studied TCM herbs for supporting a healthy, balanced immune system, and early research points to benefits for healthy blood sugar levels as well.

Baikal Skullcap — This golden-rooted herb — called Huang Qin in TCM — is prized for its ability to help the body keep everyday inflammation in check. Its key natural compounds have been widely studied and are considered among the most well-researched plant-based tools for supporting respiratory health and a calm, balanced inflammatory response throughout the body.

Dong Quai — Often called 'female ginseng,' dong quai is rich in ferulic acid and other natural compounds that act as free-radical scavengers, helping protect cells from oxidative wear. It also supports healthy circulation and has been used in TCM for centuries to promote smooth blood flow and ease tension in blood vessels.

Ginseng Root — One of the world's most celebrated tonic herbs, ginseng helps the body adapt to physical and mental stress. Human clinical research supports its role in maintaining healthy antioxidant defenses, supporting energy and vitality, and helping the body's stress-response systems stay on an even keel — all of which take pressure off the liver.

Cassia Bark — This warming spice — a close relative of cinnamon — contributes natural antioxidant polyphenols that help the body manage oxidative stress. Clinical research also shows it can support healthy blood sugar levels, and early studies suggest it may help maintain a healthy cholesterol balance, making it a useful metabolic ally in this formula.

Atractylodes Rhizome — Known as Bai Zhu in TCM, atractylodes is a classic digestive tonic. Research shows its natural compounds support healthy antioxidant enzyme activity and may help maintain balanced blood sugar. Traditionally it is one of the primary herbs used to strengthen digestion, support healthy appetite, and keep the gut and liver working in harmony.

Ginger Root — Ginger has been used for over 2,500 years to support digestive comfort and overall wellness. Its active compounds — gingerols and shogaols — are well-studied antioxidants that help protect cells from oxidative stress. Ginger also supports healthy gastric function, helps ease abdominal discomfort, and promotes smooth, comfortable digestion.

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