



NATURE'S SUNSHINE

Nature's Chi TCM

GOOD FOR

Immune System

Cardiovascular system

Blood

SIZE **30 Capsules**

ITEM # **836**

SERVING **1**

SUPPLY **15–30 days**

DIRECTIONS FOR USE Take one capsule between meals once or twice daily.

— How the Key Ingredients Work

Nature's Chi TCM brings together a time-honored collection of traditional Chinese herbs, each chosen to support your body's natural balance — from steady energy and a calm mind to healthy circulation and a resilient immune system. This thoughtfully blended formula works as a whole, with every herb playing its part in keeping you feeling your best day after day.

Ginseng — One of the most celebrated herbs in traditional Chinese medicine, ginseng has been used for thousands of years to help the body handle stress and maintain steady energy. Research shows it supports healthy circulation, helps the body manage everyday fatigue, and provides antioxidant support that helps protect cells from daily wear and tear.

Eleuthero — Often called Siberian ginseng, eleuthero is a go-to herb when life feels demanding. It has a long history in Russian and Chinese medicine for helping the body cope with stress, supporting stamina and mental endurance, and helping keep cortisol — your main stress hormone — in a healthy range during tough days.

Astragalus — A cornerstone of traditional Chinese herbalism, astragalus root has been used for centuries to support vitality and resilience. Research points to its ability to help the body defend itself, support healthy antioxidant activity, and promote overall wellness — making it a foundational herb in this formula.

Baikal Skullcap — Known in TCM as Huang Qin, Baikal skullcap is prized for its ability to support the body during times of heat and inflammation. Its key compounds have been studied for supporting lung and respiratory comfort, helping the body maintain a balanced response to everyday irritants, and providing meaningful antioxidant protection.

Dong Quai Root — Sometimes called 'female ginseng,' dong quai has been used in traditional Chinese medicine for over 2,000 years as a nourishing tonic, particularly for women. Traditional texts describe it as a herb that supports healthy blood, helps ease the discomforts of hormonal transitions, and promotes a sense of balance and wellbeing through the menstrual cycle and beyond.

Licorice Root — Far more than a flavoring, licorice root is a respected TCM herb that helps tie a formula together. It supports a comfortable digestive experience, helps soothe the stomach lining, and has traditionally been used to harmonize the other herbs in a blend — making it a natural team player in this complex formula.

Peony — White peony root is a classic TCM ingredient with a rich history of supporting comfort and balance. Research on its active compounds shows support for a healthy inflammatory response, and it has been studied as part of formulas that support joint comfort and immune balance — all while contributing antioxidant activity to the blend.

Cassia Bark — Warming and aromatic, cassia bark — a close relative of cinnamon — has been used in traditional Chinese medicine to promote circulation and inner warmth. Research suggests it may support healthy blood sugar levels already in the normal range and provides antioxidant compounds that help the body stay balanced from the inside out.

 (888) 510-7196  service@caringsunshine.com

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.

BUY THIS QUICKLY
Scan to shop this product

