



NATURE'S SUNSHINE

VS-C

GOOD FOR

Respiratory System

Immune System

Lungs

SIZE **100 VegCaps**

ITEM # **937**

SERVING **1**

SUPPLY **25–100 days**

DIRECTIONS FOR USE Take 1 VegCap with a meal up to four times daily.

— How the Key Ingredients Work

VS-C brings together a time-honored blend of roots, leaves, and botanicals — each chosen for the way it supports the body's natural defenses, digestive comfort, and overall balance. Together these herbs work as a team, covering everything from antioxidant protection to healthy circulation and a calm, well-functioning gut.

Baikal Skullcap — A cornerstone herb in traditional Chinese medicine, Baikal skullcap is prized for its ability to help the body manage everyday inflammation and support healthy lungs and airways. Research points to its flavonoids as key players in keeping the body's inflammatory responses in check and supporting comfortable breathing.

Licorice Root — Licorice root has been used for centuries to soothe the digestive tract, and modern research backs that up — studies show it can ease heartburn, support the gut lining, and help calm abdominal discomfort. It also brings antioxidant and antimicrobial properties to the blend, making it a true all-rounder.

Bupleurum Falcatum — Known in traditional Chinese medicine as Chai Hu, bupleurum root is valued for its ability to support the immune system and help the body stay balanced under stress. Animal studies suggest it may also help protect the liver and support healthy antioxidant activity, making it a foundational herb in many classic formulas.

Ginseng — One of the world's most celebrated wellness herbs, ginseng has been used for thousands of years to support energy, resilience, and overall vitality. Research shows it helps the body manage stress more comfortably, supports healthy antioxidant levels, and may contribute to healthy circulation and blood vessel function.

Dandelion — Far more than a garden weed, dandelion leaves and roots are packed with antioxidant compounds that help protect the body's cells from everyday wear and tear. It also provides a natural source of potassium to support vascular health, and early research suggests it may help the body maintain healthy blood sugar and cholesterol levels.

Purslane — This humble succulent is surprisingly rich in vitamins C and E, beta-carotene, and other antioxidants that clinical studies show can meaningfully raise the body's overall antioxidant capacity. Research also supports its role in helping maintain healthy blood pressure, and it has a long traditional history of use for joint comfort and respiratory ease.

Cassia Bark — Cassia bark — a close relative of cinnamon — brings warm, spicy support to this formula. Multiple clinical trials show it can help maintain healthy blood sugar levels, and it also contributes antioxidant and antifungal properties. It has a long history of use in traditional Chinese medicine for warming and supporting overall metabolic balance.

Indigo Leaves — Derived from the indigo plant, these leaves have been used in traditional herbal medicine for generations to support a healthy gut and a balanced inflammatory response. Research on indigo naturalis — the processed form of these leaves — shows meaningful support for digestive tissue health, and the plant also demonstrates antioxidant and antifungal activity in laboratory studies.

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