



NATURE'S SUNSHINE

Lung Support TCM

GOOD FOR

Respiratory System

Lungs

Immune System

SIZE **30 Capsules**

ITEM # **1004**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

Lung Support TCM brings together twelve time-honored herbs from Traditional Chinese Medicine, each chosen to help keep your airways clear, your immune system resilient, and your energy steady through every season. This carefully balanced formula works the way TCM intended — ingredients supporting one another so your whole respiratory system feels the difference.

Astragalus — One of TCM's most celebrated roots, astragalus has been used for centuries to strengthen the body's natural defenses. Research shows it helps balance immune activity and supports the body during seasonal challenges, making it a cornerstone herb for anyone who wants to stay well through cold and flu season.

Platycodon Root — Known as balloon flower root, platycodon has a long history in TCM as a go-to herb for the lungs and airways. Studies show it helps calm overactive airway responses and supports comfortable, easy breathing — especially useful during allergy season or when respiratory irritation flares up.

Tartarian Aster — This purple-flowered perennial, called Zi Wan in Chinese medicine, has been treasured for generations as a lung-soothing herb. Its root is traditionally used to ease bronchial discomfort and support clear airways, and modern research confirms it carries natural antioxidant compounds that help protect respiratory tissues.

Ophiopogon Root — Called Maidong in TCM, ophiopogon root is prized for its ability to nourish and moisten — qualities that matter when dry air or seasonal changes leave your throat and airways feeling parched. It has a long history of use for relieving dry mouth and supporting comfortable breathing, and research backs its antioxidant and soothing properties.

Schisandrins — Derived from the five-flavor berry of Schisandra chinensis, schisandrins are adaptogenic compounds that help the body handle physical and mental stress. They support healthy energy levels and are backed by research showing antioxidant activity and HPA axis support — helping you feel less run-down when your body is working hard to fight off illness.

Ginseng — A legendary adaptogen used in TCM for thousands of years, ginseng is included here to help sustain energy and support immune resilience. Clinical research shows it helps the body manage stress and fatigue, and its antioxidant compounds help protect cells — a perfect partner for the lung-focused herbs in this formula.

Bupleurum Falcatum — Known as Chai Hu in TCM, bupleurum root is a key herb in many classical Chinese respiratory and immune formulas. Preclinical research shows it supports immune modulation and has antioxidant properties. It has traditionally been used to help the body respond to seasonal illness and to support overall respiratory comfort.

Anemarrhena Asphodeloides — Called Zhi-mu in TCM, anemarrhena rhizome has been used for centuries to clear heat and support the lungs. Its active compounds show strong antioxidant activity in research, helping to protect tissues from everyday oxidative wear. It pairs naturally with other herbs in this formula to support balanced respiratory wellness.

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