



NATURE'S SUNSHINE

HY-C TCM

GOOD FOR

Kidneys

Endocrine System

Urinary System

SIZE **30 Capsules**ITEM # **1006**SERVING **1**SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

HY-C TCM brings together a carefully chosen blend of time-honored Chinese and Ayurvedic herbs, each selected to support your kidneys, help your body manage energy and fluid balance, and keep your metabolism humming along. Together these botanicals work as a team, addressing the root systems that keep you feeling your best day after day.

Eucommia — One of the 50 foundational herbs in Chinese medicine, eucommia has been used for centuries to support kidney strength and overall vitality. Research shows it helps support healthy blood pressure and acts as a natural antioxidant, helping the body defend itself against everyday oxidative wear and tear.

Rehmannia Glutinosa — Known in TCM as Di Huang, rehmannia root is a classic kidney-nourishing herb. Studies show it supports healthy blood sugar levels and helps the body maintain a balanced antioxidant defense. It is also traditionally valued for replenishing vital energy and supporting the liver and kidneys together.

Dogwood (Cornus officinalis) — Asian dogwood fruit is a cornerstone of traditional kidney-support formulas in Chinese medicine. Preclinical research confirms it helps maintain healthy blood sugar, supports antioxidant defenses, and may help preserve bone density — all areas closely tied to healthy aging and long-term kidney wellness.

Ophiopogon Root — Called Maidong in Chinese medicine, ophiopogon root is prized for its ability to nourish and moisten. It supports healthy blood sugar balance in preclinical studies, helps the body manage inflammation, and is traditionally used to relieve dryness and support fluid balance — making it a natural fit for kidney and urinary wellness.

Schisandrins — The active compounds from Schisandra chinensis (Wu Wei Zi) are well-regarded adaptogens used in both Chinese and Russian herbal medicine to fight fatigue and support the body under stress. Research shows they support healthy blood sugar, help protect the liver, and bolster the body's own antioxidant systems — a true energy and resilience herb.

Trichosanthes — One of the oldest recorded TCM remedies for thirst and blood sugar concerns, trichosanthes root has been used for thousands of years. Modern research confirms its potential to support healthy glucose metabolism, while its antioxidant compounds help protect cells from everyday oxidative stress — supporting both the endocrine and urinary systems.

Anemarrhena Asphodeloides — Known as Zhi-mu in TCM, anemarrhena rhizome contains mangiferin and other active compounds shown in preclinical studies to support healthy blood sugar and cholesterol levels. It also demonstrates antioxidant activity and has been studied for its potential to support bone density — a key concern in healthy aging.

Phellodendron Amurense — Huang Bai, or Amur cork bark, is a classic TCM herb often paired with anemarrhena to support kidney and metabolic health. Its active compound berberine is well-studied for antioxidant effects, and the herb has a long traditional history of supporting the kidneys and helping the body manage inflammation and fluid balance.

(888) 510-7196 service@caringsunshine.com

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