



NATURE'S SUNSHINE

IF-C TCM

GOOD FOR

Immune System

Joints

Blood

SIZE **30 Capsules**

ITEM # **1007**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

IF-C TCM brings together a carefully chosen blend of traditional Chinese herbs, each with a long history of supporting the body's natural balance. Working together, these botanicals help the body manage everyday inflammation, maintain healthy defenses, and keep multiple body systems running smoothly.

Honeysuckle — Known in China as the 'gold-silver flower,' honeysuckle has been treasured in traditional Chinese medicine for centuries. Research suggests its natural compounds help the body maintain a healthy inflammatory response and support antioxidant defenses, while preclinical studies point to benefits for blood sugar balance and healthy cholesterol levels.

Forsythia — The bright golden berries of forsythia — called Lian Qiao in TCM — have been used since ancient times to help the body stay balanced. Studies show its active compounds support the body's natural antioxidant activity and help maintain a healthy inflammatory response, with early research also exploring its role in supporting respiratory comfort and bone health.

Peony — Chinese peony root is one of TCM's most celebrated herbs, traditionally used to support blood health, ease discomfort, and promote overall balance. Its well-studied compounds have been shown in clinical research to support healthy joint function and help the body regulate its immune responses, making it a cornerstone of this formula.

Chrysanthemum — Far more than a pretty flower, chrysanthemum has been used in East Asian wellness traditions for generations. Research shows its natural flavonoids and phenolic compounds are potent antioxidants, while animal studies suggest it may help support healthy blood pressure and blood sugar levels already within normal range.

Gardenia — Gardenia fruit — Zhi Zi in Chinese — is prized in TCM for its cooling, calming properties. Its active compounds have been studied for antioxidant support, helping maintain healthy blood pressure in animal models, and even showing early promise for supporting a calm, balanced mood and healthy circulation.

Szechuan Lovage — This aromatic root from China's Yun-Gui-Chuan plateau has a rich history in TCM for supporting circulation and easing discomfort. Modern research highlights its strong antioxidant activity and its role in supporting arterial health, with studies also exploring its benefits for joint comfort and healthy inflammatory balance.

Platycodon Root — Also called balloon flower root for its distinctive buds, platycodon has been used in East Asian medicine for respiratory wellness and overall vitality. Preclinical studies show it helps support the body's response to everyday respiratory challenges, while its antioxidant compounds help protect cells from everyday oxidative stress.

Baikal Skullcap — One of the 50 fundamental herbs in traditional Chinese medicine, Baikal skullcap is revered for its ability to support the body during times of heat and inflammation. Its primary natural flavonoids are among the most studied plant compounds for respiratory health and maintaining a healthy, balanced inflammatory response throughout the body.

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