



NATURE'S SUNSHINE

Nervous Fatigue TCM

GOOD FOR

Nervous System

Heart

Digestive System

SIZE **30 Capsules**

ITEM # **1017**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule daily with a meal.

— How the Key Ingredients Work

Nervous Fatigue TCM brings together a carefully chosen blend of traditional Chinese herbs that have been used for centuries to help the body handle stress, support steady energy, and keep the mind feeling clear and balanced. Each ingredient plays its own role, and together they work as a team to nourish the whole system.

Ginseng — One of the most celebrated herbs in Chinese medicine, ginseng has been used for thousands of years to fight tiredness and support the body during times of stress. Research shows it helps the body manage its stress response and may support healthy energy levels, mental sharpness, and overall vitality.

Schisandrins — Derived from the five-flavor berry of Schisandra chinensis, schisandrins are classic adaptogens — herbs that help the body cope with physical and mental demands. Studies show they support the body's stress-response system, help reduce feelings of fatigue, and may even support muscle strength and healthy energy metabolism.

Astragalus — Known in Chinese as Huangqi, astragalus root is a foundational tonic herb prized for building vitality and supporting the body's natural defenses. It has a long history of use for tiredness and low stamina, and research points to its ability to help the body maintain healthy antioxidant levels and support overall resilience.

Polygala Root — A treasured herb in both Chinese and Japanese traditional medicine, polygala root is best known for its support of the mind. Human clinical studies suggest it may help with memory and mental clarity, and animal research shows it supports healthy brain function — making it a natural fit in a formula aimed at nervous fatigue and mental fog.

Rehmannia Glutinosa — Called Di Huang in Chinese medicine, rehmannia is a deeply nourishing root used to replenish what stress and fatigue deplete. Preclinical studies show its active compounds help protect cells from oxidative wear and support healthy blood sugar balance, while traditional texts describe it as a foundational herb for restoring vitality.

Ophiopogon Root — Known as Maidong, this slender root has been used in Chinese and Japanese herbal medicine for centuries to soothe dryness and nourish the body's reserves. Research shows its natural compounds support healthy antioxidant defenses and help maintain comfortable moisture levels in the body, including relieving dry mouth — a common companion to chronic fatigue.

Broomrape — Cistanche tubulosa, a desert herb long used in Chinese medicine as a kidney and energy tonic, has genuine human clinical trial support for fatigue. A randomized, double-blind, placebo-controlled trial in 190 adults with chronic fatigue syndrome found it significantly improved fatigue scores and reduced blood lactic acid levels compared to placebo.

Jujube — The beloved red date of Chinese herbal medicine, jujube has been used for over 2,000 years to nourish the blood and calm the spirit. It is one of nature's richest sources of vitamin C and contains a wide range of plant compounds with antioxidant activity, making it a gentle but meaningful addition to any formula for tiredness and nervous tension.

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