



NATURE'S SUNSHINE

Anti-Gas TCM

GOOD FOR

Digestive System

Liver

Colon (Large Intestine)

SIZE **30 Capsules**

ITEM # **1018**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

Anti-Gas TCM brings together a time-tested blend of herbs and fermented botanicals from Traditional Chinese Medicine to help your digestive system run smoothly, ease uncomfortable gas and bloating, and support overall gut comfort after meals.

Shen-Chu (Massa Medicata Fermentata) — Known as the 'divine ferment' in TCM, shen-chu is a fermented blend of wheat, apricot kernel, and other botanicals that naturally produces digestive enzymes — including amylase, protease, and lipase — to help break down food more efficiently, ease abdominal fullness, and support healthy appetite and regularity.

Ginger — A cornerstone of digestive wellness for over 2,500 years, ginger helps speed up stomach emptying, calm bloating, and ease abdominal discomfort. It also supports healthy gut motility, making it easier for food to move through your system comfortably and reducing that heavy, backed-up feeling after a big meal.

Licorice Root — Licorice root has a long history of soothing the digestive tract. It helps support the gut lining, eases abdominal discomfort, and has natural antispasmodic properties that may help calm cramping and irregularity. It is also a key ingredient in several well-studied herbal digestive formulas used in clinical settings.

Cardamom — This fragrant spice from the ginger family does more than add flavor — cardamom has been studied for its ability to support digestive comfort and overall gut wellness. It contains natural compounds with antioxidant properties and has been shown in clinical research to support healthy blood sugar balance and normal blood pressure levels.

Atractylodes — A foundational herb in Traditional Chinese Medicine, atractylodes root is traditionally used to support healthy digestion, stimulate appetite, and encourage normal gastric motility. Research suggests it may help activate digestive enzyme activity, and it has been studied for its antioxidant properties and its role in supporting healthy blood sugar levels.

Hawthorn — Best known for heart health, hawthorn also plays a meaningful role in digestive formulas. In TCM it is used to help the body process rich or fatty foods, ease food stagnation, and support comfortable digestion. Its rich supply of natural plant compounds also provides antioxidant support throughout the body.

Platycodon Root — Also called balloon flower root, platycodon has been used in East Asian herbal medicine for centuries. It supports respiratory comfort and has been studied for its antioxidant activity. In digestive blends, it contributes to overall formula balance and helps support the body's natural defenses, with research noting its role in calming overactive immune responses.

Hyssop — A traditional herb from the mint family used in Persian and TCM-adjacent herbal traditions, hyssop brings antioxidant support to this formula through natural plant compounds like rosmarinic acid and quercetin. It has a long history of use for digestive and respiratory wellness and contributes to the overall protective quality of this blend.

 (888) 510-7196  service@caringsunshine.com

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