



NATURE'S SUNSHINE

Spleen Activator TCM

GOOD FOR

Digestive System

Spleen

Musculoskeletal System

SIZE **30 Capsules**

ITEM # **1070**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

Spleen Activator TCM brings together a time-honored blend of roots, herbs, and botanicals drawn from Traditional Chinese Medicine to gently support digestive wellness, steady energy, and whole-body balance. Each ingredient plays its own role, and together they work as a team to help your body feel nourished and running smoothly.

Ginseng — One of the most celebrated herbs in the world, ginseng has been used for thousands of years to help the body handle everyday stress and maintain steady energy. It supports healthy vitality and has been studied for its role in helping the body stay resilient — making it a cornerstone of this formula.

Astragalus — Known in Chinese as Huangqi, astragalus root is a beloved tonic herb traditionally used to strengthen the body's inner defenses and support overall stamina. It also brings natural antioxidant properties to the blend, helping to protect cells from everyday wear and tear.

Atractylodes — White atractylodes root — called Bai Zhu in TCM — has been used for centuries as one of the primary herbs for supporting healthy digestion and appetite. Traditional herbalists relied on it to help the digestive system work more comfortably, and early research suggests it may support healthy gastric function.

Sclerotium (Poria Cocos) — Poria cocos sclerotium is a calming, grounding fungal ingredient with a long history in Chinese herbal formulas. It brings antioxidant support and is traditionally valued for its gentle, balancing effect on the digestive system and overall sense of inner calm and well-being.

Dioscorea (Wild Yam) — Dioscorea, or wild yam, is a nourishing root used across Asia for centuries as a gentle tonic. Rich in antioxidant compounds like polyphenols and flavonoids, it has been studied in preclinical research for its potential to support healthy blood sugar levels already in the normal range and overall metabolic balance.

Lotus Seed — Lotus seeds — known as Lian Zi in TCM — have been cultivated as both food and medicine for over 3,000 years. Packed with flavonoids and beneficial alkaloids, they offer antioxidant support and are traditionally used to help calm the mind, settle the digestive system, and promote a sense of inner steadiness.

Licorice Root — Licorice root is one of TCM's most widely used harmonizing herbs, traditionally added to formulas to help the other ingredients work together smoothly. It has been studied in clinical trials for its ability to support a comfortable digestive experience, including soothing the stomach lining and easing occasional abdominal discomfort.

Dong Quai Root — Often called 'female ginseng,' dong quai root has been used in Traditional Chinese Medicine for over 2,000 years as a nourishing tonic. It is traditionally valued for supporting healthy blood circulation and overall vitality, and it has a long history of use in combination formulas designed to promote balance and well-being.

Flowering Quince — Flowering quince — Mu Gua in TCM — is a fruit-bearing shrub whose dried fruit has been listed in the Chinese Pharmacopeia for supporting comfort in the joints and muscles. It is rich in polyphenols and flavonoids that contribute meaningful antioxidant activity, helping to protect the body from everyday oxidative stress.

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