



NATURE'S SUNSHINE

Chinese TCM Positive Pack

Organic

Non-GMO

GOOD FOR

Digestive System

Liver

Urinary System

ITEM # 13343

SERVING 7

SUPPLY 30 days

DIRECTIONS FOR USE Take 1 capsule from each bottle daily for 30 days. Do this for three consecutive months.

— How the Key Ingredients Work

This carefully crafted Traditional Chinese Medicine blend brings together time-honoured roots, flowers, bark, and fruits — each chosen for the role it plays in supporting your body's natural balance. Together they work to calm, protect, and nourish from the inside out.

Silk Tree (He Huan Pi) — Known in TCM as the 'happiness herb,' silk tree bark has been used for over 2,000 years to calm the mind and ease tension. Research points to its ability to support a relaxed, settled mood — making it one of the most studied calming botanicals in the Chinese herbal tradition.

Baikal Skullcap (Huang Qin) — A cornerstone of Chinese herbal medicine, Baikal skullcap is prized for its ability to help the body manage everyday inflammation and support healthy lung and respiratory function. Its key compounds baicalin and baicalein are among the most researched natural flavonoids for respiratory and immune wellness.

Coptis Chinensis (Huang Lian) — This bright-yellow rhizome has been used in Chinese medicine for over 2,000 years. Its active compound berberine has robust clinical evidence supporting healthy blood sugar levels and antioxidant defence, and it has long been valued for supporting the body's natural ability to stay in balance.

Peony (Bai Shao) — Chinese peony root is a beloved TCM tonic used to nourish the blood and ease discomfort. Clinically studied extracts have shown meaningful support for joint comfort and immune balance, and its antioxidant compounds help protect cells from everyday oxidative wear and tear.

Licorice Root (Gan Cao) — Called the 'great harmoniser' in TCM, licorice root is added to formulas to help the other herbs work together smoothly. It also supports a comfortable digestive experience, helps maintain a healthy gut lining, and has been studied in clinical trials for easing occasional heartburn and abdominal discomfort.

Dong Quai Root (Dang Gui) — Often called 'female ginseng,' dong quai root has been used in TCM for over 2,000 years to support women's wellness, particularly around menstrual regularity and hormonal transitions. It is a classic blood-nourishing herb that remains central to many traditional Chinese women's health formulas.

Ginseng (Ren Shen) — One of the world's most celebrated tonic herbs, ginseng has been used in TCM for millennia to support energy, vitality, and resilience under stress. Modern research confirms it helps the body adapt to everyday pressures, supports healthy antioxidant defences, and contributes to cardiovascular and hormonal wellness.

Turmeric (Jiang Huang) — Turmeric's golden pigment curcumin is one of the most studied natural compounds on earth. Human clinical trials confirm it raises the body's own antioxidant defences, supports a comfortable digestive system, and has been compared favourably to standard care in studies on occasional heartburn and abdominal discomfort.

Chrysanthemum (Ju Hua) — A beloved TCM flower used to clear heat and support the eyes and liver, chrysanthemum is rich in flavonoids and phenolic compounds. Research shows it has meaningful antioxidant activity, and early studies suggest it may help support healthy blood pressure and cholesterol levels already within normal range.

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