



NATURE'S SUNSHINE

HY-C

GOOD FOR

Endocrine System

Kidneys

Urinary System

SIZE **100 VegCaps**

ITEM # **1886**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take two VegCaps with a meal three times daily.

— How the Key Ingredients Work

HY-C brings together a carefully chosen blend of time-honored herbs, each selected to nourish the body from the inside out. Working together, these botanicals help support strong bones, flexible joints, healthy circulation, and everyday resilience.

Rehmannia Glutinosa — One of the most revered roots in Chinese herbal tradition, rehmannia is prized for its deep nourishing qualities. Research shows it supports healthy bone density by encouraging bone-building activity while helping keep bone breakdown in check — and it also lends antioxidant support to help protect cells from everyday wear.

Dogwood (Cornus officinalis) — Asian dogwood fruit has been studied specifically for bone health, with preclinical research showing it encourages healthy bone formation and helps maintain bone mineral density. It also brings antioxidant and anti-inflammatory properties to the formula, and early studies point to benefits for healthy blood sugar levels.

Anemarrhena Asphodeloides — Known in traditional Chinese medicine as Zhi-mu, anemarrhena root has been studied for its ability to support bone density in preclinical models. Its active compounds also help the body manage healthy blood sugar and cholesterol levels, while delivering meaningful antioxidant protection.

Eucommia — A cornerstone herb in Chinese medicine, eucommia bark has been shown in human studies to support healthy blood pressure. It also brings antioxidant benefits and has been studied for joint comfort, making it a well-rounded addition that supports both the cardiovascular system and musculoskeletal health.

Peony (Paeonia lactiflora) — White peony root is celebrated in Chinese herbal medicine for its ability to ease joint discomfort and support a balanced immune response. Its active compounds have been studied in clinical trials for inflammatory joint conditions, and it also provides antioxidant protection and early evidence for healthy blood sugar support.

Ophiopogon Root — Often called dwarf lilyturf, ophiopogon root is a classic 'yin-nourishing' herb used for centuries to relieve dryness and support fluid balance. Modern research backs its traditional reputation, showing benefits for healthy blood sugar, antioxidant defense, and helping to calm everyday inflammation at the cellular level.

Kudzu — Kudzu root has been used in traditional Chinese medicine for over a thousand years. Today, research highlights its antioxidant strength and its ability to support healthy blood pressure. Its active isoflavones have also been studied in human trials for reducing alcohol cravings, and preclinical work points to heart-health benefits.

Schisandrins — Derived from the five-flavor berry Schisandra chinensis, schisandrins are well-known adaptogens that help the body handle physical and mental stress. They support the adrenal system, deliver robust antioxidant protection through the body's own defense pathways, and a human trial found they helped support healthy blood sugar and muscle strength.

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