



NATURE'S SUNSHINE

Dong Quai

GOOD FOR

Female Reproductive System

Cardiovascular system

Digestive System

SIZE **100 Capsules**

ITEM # **258**

SERVING **1-2**

SUPPLY **16-33 days**

DIRECTIONS FOR USE Take one or two capsules with a meal three times daily.

— How the Key Ingredients Work

Dong Quai has been treasured in Traditional Chinese Medicine for over 2,000 years as a go-to herbal ally for women, earning the nickname 'female ginseng.' This single-herb formula draws on centuries of traditional use to gently support hormonal balance, menstrual regularity, and the everyday comfort of women at every stage of life.

Dong Quai Root (Angelica sinensis) — Known as 'female ginseng' in Traditional Chinese Medicine, Dong Quai root has been used for more than 2,000 years as a classic women's tonic. Traditionally valued for nourishing the blood and supporting the body's natural rhythms, it has long been a cornerstone herb for women's wellness across generations.

Dong Quai Root – Menstrual Support — Traditional Chinese Medicine texts describe Dong Quai root as a key herb for helping regulate the menstrual cycle. It has historically been used to address scanty or irregular periods and to help the body find its natural monthly rhythm, making it a long-trusted choice for women seeking cycle support.

Dong Quai Root – Menopausal Comfort — For over two millennia, Dong Quai has been included in TCM formulas aimed at easing the transition through menopause. Traditional use points to its role in supporting overall comfort during this life stage, and it remains one of the most recognized botanical herbs associated with women's hormonal wellness.

Dong Quai Root – Perimenopausal Wellness — As the body begins its gradual shift toward menopause, Dong Quai root has traditionally been used in combination botanical formulas to support hormonal balance and help manage common perimenopausal concerns. Its long history in TCM makes it a well-regarded herbal companion during this transitional time.

Dong Quai Root – Hot Flash Support — Hot flashes are one of the most commonly reported concerns during the menopausal years, and Dong Quai has been part of traditional herbal approaches to this discomfort for centuries. While used most often in combination formulas in TCM practice, it carries a rich traditional history as a supportive herb for this concern.

Dong Quai Root – Blood Nourishment — In Traditional Chinese Medicine, Dong Quai root is considered one of the premier herbs for 'nourishing the blood,' a concept central to TCM that relates to overall vitality, energy, and the healthy functioning of the body's internal systems. This quality is one reason it has been so widely used as a women's tonic herb.

Dong Quai Root – Traditional Tonic Use — Across Asian herbal traditions, Dong Quai root has been revered as a foundational tonic herb, particularly for women. Traditional practitioners have incorporated it into formulas designed to support overall well-being, vitality, and the body's natural balance, reflecting its deep roots in centuries of herbal wisdom.

Dong Quai Root – Hormonal Balance — Traditional Chinese Medicine has long used Dong Quai as part of multi-herb formulas intended to support the body's hormonal equilibrium. Its traditional role as a 'female tonic' speaks to its historical association with the hormonal systems that influence mood, energy, and reproductive wellness in women.

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