



NATURE'S SUNSHINE

VS-C

GOOD FOR

Immune System

Respiratory System

Liver

SIZE **2 fl oz**

ITEM # **3167**

SERVING **2 mL**

SUPPLY **14-7 days**

DIRECTIONS FOR USE Take 2 mL (approximately 30-40 drops) in water with a meal 2-4 times daily.

— How the Key Ingredients Work

VS-C brings together a carefully chosen blend of traditional herbs — each with a long history of use and growing research support — to help your body maintain healthy defenses, comfortable digestion, and everyday resilience. Together, these nine botanicals work as a team to support your immune system, digestive comfort, and natural antioxidant protection.

Baikal Skullcap — One of the most respected herbs in traditional Chinese medicine, Baikal skullcap has been used for centuries to help the body manage heat and respiratory discomfort. Its natural flavonoids support a healthy inflammatory response, help keep the lungs comfortable, and have shown fever-calming activity in research studies.

Bupleurum — Known in traditional Chinese medicine as Chai Hu, bupleurum root is prized for supporting the liver and helping the body adapt to stress. Research in animal models suggests it may help calm an overactive immune response and support healthy adrenal function, making it a grounding herb for times of physical tension.

Licorice Root — Sweet-tasting and deeply soothing, licorice root has been used for thousands of years to support the digestive tract. It helps maintain a comfortable stomach lining, eases occasional heartburn and abdominal discomfort, and brings natural antispasmodic qualities that help keep the gut feeling settled and at ease.

Ginseng — A legendary tonic herb used across Asia for millennia, ginseng is best known for helping the body handle stress and maintain steady energy. Clinical research supports its role in supporting healthy antioxidant levels, promoting normal blood pressure, and helping men maintain hormonal balance and vitality as they age.

Cinnamon — More than a kitchen spice, cinnamon is a potent botanical with real research behind it. Studies show it can help support healthy blood pressure, contribute to balanced blood sugar levels, and deliver meaningful antioxidant protection. It also has traditional roots in Ayurvedic care for joint comfort and overall warmth.

Dandelion — Often overlooked as a common weed, dandelion is a nutritional powerhouse loaded with antioxidant compounds. A published human study found dandelion leaf extract has a notable diuretic effect that may support healthy blood pressure. It also provides natural potassium and has shown promise for supporting healthy cholesterol and blood sugar levels.

Purslane — Purslane is one of nature's richest plant sources of omega-3 fatty acids, vitamins C and E, and beta-carotene. Clinical trials and meta-analyses confirm it meaningfully raises the body's overall antioxidant capacity. Research also shows it can support healthy blood pressure, and a recent clinical trial found it well-tolerated for supporting joint comfort.

Indigo Leaves — Derived from the indigo plant and long used in traditional Asian medicine, indigo leaf preparations have the strongest clinical research base of any traditional herb for supporting a healthy gut lining. Multiple clinical trials support its role in promoting a comfortable, well-functioning digestive tract and a balanced inflammatory response throughout the body.

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