



NATURE'S SUNSHINE

FCS II (With Lobelia)

GOOD FOR

Female Reproductive System

Urinary System

Cardiovascular system

SIZE **100 Capsules**

ITEM # **878**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

FCS II with Lobelia brings together nine time-honored herbs chosen to support women's hormonal balance, digestive comfort, and everyday resilience. Each ingredient contributes its own traditional strengths, working together to help your body feel its best from the inside out.

Black Cohosh — One of the most researched herbs for women's wellness, black cohosh has been shown in multiple clinical studies to help ease the discomfort of hot flashes and mood shifts that come with menopause and perimenopause. It works through pathways in the brain rather than acting like estrogen, making it a well-studied choice for hormonal comfort.

Dong Quai Root — Known for centuries in Traditional Chinese Medicine as a foundational 'female tonic,' dong quai root has been used for over 2,000 years to support menstrual regularity and ease the transition through perimenopause and menopause. It is traditionally combined with other herbs to help nourish and balance the body during hormonal changes.

Ginger — Ginger has been trusted for more than 2,500 years to soothe an unhappy stomach. Research shows it helps the stomach empty more efficiently, eases bloating and abdominal discomfort, and supports healthy gut movement. Its natural compounds also act as antioxidants, helping the body manage everyday oxidative stress.

Goldenseal — Goldenseal is a North American herb rich in berberine, a natural compound that has been studied for its ability to support healthy blood sugar levels and promote a balanced internal environment. It also has well-documented activity against certain unwanted organisms, making it a versatile herb for overall wellness support.

Capsicum — The active compound in hot peppers, capsaicin, does more than add heat — it helps support healthy digestion by easing stomach discomfort and has been shown in clinical research to reduce symptoms of functional dyspepsia. Capsicum is also rich in vitamins C and E, lending natural antioxidant support to the whole formula.

Marshmallow — Marshmallow root has a long history of soothing irritated tissues throughout the digestive tract. Germany's Commission E has approved it for mild stomach lining discomfort, and research shows its natural compounds help calm inflammation in the gut. It also demonstrates antioxidant activity and has been studied for its gentle, protective effects on skin.

Queen of the Meadow — Queen of the meadow, also known as meadowsweet, is a traditional European herb formally recognized by the European Medicines Agency for supporting minor joint comfort. Pre-clinical studies confirm it helps calm inflammation and supports the body's natural response to everyday aches, making it a valued addition for joint and connective tissue wellness.

Raspberry — Red raspberry brings a wealth of natural plant compounds — including anthocyanins and ellagic acid — that give it strong antioxidant properties. Research shows raspberry polyphenols help the body manage inflammation and support healthy blood sugar responses after meals. A 2025 clinical trial found raspberry leaf tea reduced post-meal blood sugar spikes by up to 43.6%.

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