



NATURE'S SUNSHINE

VS-C® TCM

GOOD FOR

Immune System

Respiratory System

Liver

SIZE **30 Capsules**

ITEM # **949**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal daily.

— How the Key Ingredients Work

VS-C® TCM brings together nine time-honored herbs from Traditional Chinese Medicine into one carefully balanced formula. Each ingredient plays its own role in supporting the body's natural defenses, digestive comfort, and overall vitality.

Dandelion — Often overlooked as a common weed, dandelion has a long history as a wellness herb. Its leaves and roots are naturally rich in plant compounds that help the body fight everyday oxidative stress. Research also suggests it may support healthy fluid balance and help keep blood sugar levels on an even keel.

Purslane — This humble succulent is surprisingly packed with good things — vitamins C and E, beta-carotene, and omega-3 fatty acids all in one plant. Clinical research shows purslane can meaningfully boost the body's antioxidant capacity. It has also been studied for supporting comfortable joints, healthy breathing, and balanced blood pressure.

Indigo Leaves — Used for centuries in Traditional Chinese Medicine, indigo leaves bring powerful plant compounds that help the body manage everyday inflammation. Research highlights their role in supporting a calm, healthy gut lining, and laboratory studies show activity against certain fungi and bacteria, making them a versatile addition to this formula.

Pennycress — A member of the cabbage family with deep roots in both Chinese and European herbal traditions, pennycress has been used historically to support gut comfort and address skin concerns. Modern research points to its ability to help maintain a healthy intestinal environment and support the body's natural response to inflammation, particularly in digestive tissues.

Bupleurum — Known in TCM as Chai Hu and prized for thousands of years, bupleurum root is one of the formula's key balancing herbs. Studies in animal models show it helps the body handle stress more gracefully and supports healthy immune function. It also provides antioxidant support and has been explored for its role in promoting liver wellness.

Baikal Skullcap — A cornerstone of Traditional Chinese Medicine for 'clearing heat,' Baikal skullcap is loaded with flavonoids that help the body keep everyday inflammation in check. It has been studied for supporting comfortable, clear breathing and healthy lung function, and animal research confirms meaningful antipyretic and antioxidant activity from its key compounds.

Typhonium — Typhonium flagelliforme is a tropical herb with a long history of use in Asian traditional medicine. It belongs to the same plant family as taro and has been valued across generations for its role in supporting the body's natural defenses. Its inclusion in this TCM formula reflects the traditional practice of combining complementary herbs for balanced, whole-body support.

Ginseng — Perhaps the most celebrated herb in all of Traditional Chinese Medicine, ginseng has been used for millennia to support energy, resilience, and overall vitality. Modern clinical research backs up its reputation — studies show it helps the body manage stress, supports healthy blood pressure and arterial flexibility, and provides meaningful antioxidant protection throughout the body.

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