

天然日光 養生之道 天然日光 養生之道

IF-C
QING RE®
(Clear the Heat)

LIVER BALANCE
TIAO HE®
(Wood Reducing)

ANTI-GAS
XIAO DAO®
(Dispel Earth)

STRESS RELIEF
AN SHEN®
(Fire Quenching)



天然日光 養生之道 天然日光 養生之道

MOOD ELEVATOR
JIE YU®
(Regulate Chi)

BREATHE ACTIVATOR®
XUAN FEI®
(Metal Reducing)

KIDNEY ACTIVATOR
QU SHI®
(Eliminate Moisture)

Chinese TCM Positive Pack
Stock No. 13343

NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660 1-800-223-8225
www.naturessunshine.com

This package contains 7 bottles of Chinese TCM formulas. This represents a 30-day supply when used as directed.

Benefits:
• Based on Holistic Chinese TCM principles.*

Take 1 capsule from each bottle daily for 30 days.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Balance  Harmony

Dietary Supplement - 30 Day Program
7 Bottles - 30 Capsules Each (210 Capsules)



天然日光 養生之道 天然日光 養生之道

IF-C TCM Concentrate
Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per 1 Capsule

Proprietary Blend 435 mg†
Extracts of Japanese Honeysuckle Flower Bud (*Lonicera japonica*), Forsythia Fruit (*Forsythia suspensa*), Chinese Peony Root without Bark (*Paeonia lactiflora*), Chrysanthemum Flower (*Chrysanthemum morifolium*), Gardenia Fruit (*Gardenia jasminoides*), Ligusticum wallichii Rhizome, Platycodon Root (*Platycodon grandiflorum*), Schizonepeta Flower (*Schizonepeta tenuifolia*), Scute Root (*Scutellaria baicalensis*), Bupleurum Root (*Bupleurum chinense*), Burdock Fruit (*Arctium lappa*), Dong Quai Root (*Angelica sinensis*), Phellodendron Stem Bark (*Phellodendron amurense*), Round-Leaf Chaste Tree Fruit (*Vitex rotundifolia*), Siler Root (*Saposhnikovia divaricata*), Chinese Licorice Root (*Glycyrrhiza uralensis*), Coptis Rhizome (*Coptis chinensis*), Safflower Flower (*Carthamus tinctorius*)

†Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).

MOOD ELEVATOR TCM Concentrate
Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per 1 Capsule

Proprietary Blend 435 mg†
Extracts of Perilla Leaf (*Perilla frutescens*), Cyperus Rhizome (*Cyperus rotundus*), Typhonium Rhizome (*Typhonium flagelliforme*), Young Bitter Orange Fruit (*Citrus x aurantium*), Bamboo Dry Secretion (*Bambusa textilis*), Bupleurum Root (*Bupleurum chinense*), Hoelen Sclerotium (*Poria cocos*), Perilla Leaf (*Perilla frutescens*), Platycodon Root (*Platycodon grandiflorum*), Zhejiang Fritillary Bulb Root Tuber (*Ophiopogon japonicus*), Tangerine Outer Peel (*Citrus reticulata*), Uncaria rhynchophylla Stem, Asian Ginseng Root (*Panax ginseng*), Dong Quai Root (*Angelica sinensis*), Ginger Rhizome (*Zingiber officinale*), Platycodon Root (*Platycodon grandiflorum*), Coptis Rhizome (*Coptis chinensis*), Chinese Licorice Root (*Glycyrrhiza uralensis*)

†Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).

LIVER BALANCE TCM Concentrate
Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per 1 Capsule

Proprietary Blend 425 mg†
Extracts of Bupleurum Root (*Bupleurum chinense*), Chinese Peony Root without Bark (*Paeonia lactiflora*), Typhonium Rhizome (*Typhonium flagelliforme*), Cassia Twig (*Cinnamomum cassia*), Dong Quai Root (*Angelica sinensis*), Hoelen Sclerotium with Hostwood (*Poria cocos*), Scute Root (*Scutellaria baicalensis*), Young Bitter Orange Fruit (*Citrus x aurantium*), Asian Ginseng Root (*Panax ginseng*), Bai-Zhu Atractylodes Rhizome (*Atractylodes macrocephala*), Ginger Rhizome (*Zingiber officinale*), Chinese Licorice Root (*Glycyrrhiza uralensis*)

†Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).

BREATHE ACTIVATOR® TCM Concentrate
Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per 1 Capsule

Proprietary Blend 475 mg†
Extracts of Tangerine Mature Fruit Rind (*Citrus reticulata*), Typhonium Rhizome (*Typhonium flagelliforme*), Apricot Seed (*Prunus armeniaca*), Bamboo Dry Secretion (*Bambusa textilis*), Bupleurum Root (*Bupleurum chinense*), Hoelen Sclerotium (*Poria cocos*), Perilla Leaf (*Perilla frutescens*), Platycodon Root (*Platycodon grandiflorum*), Zhejiang Fritillary Bulb Root Tuber (*Ophiopogon japonicus*), Coptis Root Flower Bud (*Tussilago farfara*), Magnolia Bark (*Magnolia officinalis*), Ophiopogon Root Tuber (*Ophiopogon japonicus*), White Mulberry Root Bark (*Morus alba*), Ginger Rhizome (*Zingiber officinale*), Schisandra Fruit (*Schisandra chinensis*), Chinese Licorice Root (*Glycyrrhiza uralensis*)

†Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).

STRESS RELIEF TCM Concentrate
Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per 1 Capsule

Proprietary Blend 430 mg†
Extracts of Oyster Shell (*ostrea gigas*), Silk Tree Bark (*Albizia julibrissin*), Haliotis Shell (*Haliotis diversicolor*), Hoelen Sclerotium with Hostwood (*Poria cocos*), Asian Ginseng Root (*Panax ginseng*), Grass-Leaf Sweetflag Rhizome (*Acorus gramineus*), Jujube Seed (*Ziziphus spinosa*), Polygala Root (*Polygala tenuifolia*), Turmeric Root Tuber (*Curcuma longa*), Coptis Rhizome (*Coptis chinensis*), Cassia Twig (*Cinnamomum cassia*), Chinese Licorice Root (*Glycyrrhiza uralensis*), Ginger Rhizome (*Zingiber officinale*)

†Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).

KIDNEY ACTIVATOR TCM Concentrate
Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per 1 Capsule

Proprietary Blend 425 mg†
Extracts of Hoelen Sclerotium (*Poria cocos*), Siler Root (*Saposhnikovia divaricata*), Flowering Quince Fruit (*Chaenomeles lagenaria*), White Mulberry Root Bark (*Morus alba*), Astragalus Root (*Astragalus membranaceus*), Asian Plantain Seed (*Plantago asiatica*), Asian Water Plantain Rhizome (*Alisma plantago-aquatica*), Bai-Zhu Atractylodes Rhizome (*Atractylodes macrocephala*), Chinese Peony Root without Bark (*Paeonia lactiflora*), Magnolia Bark (*Magnolia officinalis*), Zhu Ling Sclerotium (*Polyporus umbellatus*), Cassia Twig (*Cinnamomum cassia*), Ginger Rhizome (*Zingiber officinale*), Tangerine Mature Fruit Rind (*Citrus reticulata*), Typhonium Rhizome (*Typhonium flagelliforme*), Chinese Licorice Root (*Glycyrrhiza uralensis*)

†Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).

ANTI-GAS TCM Concentrate
Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per 1 Capsule

Proprietary Blend 425 mg†
Extracts of Chinese Giant Hyssop Tops (*Agastache rugosa*), Chinese Hawthorn Fruit (*Crataegus pinnatifida*), Hoelen Sclerotium (*Poria cocos*), Magnolia Bark (*Magnolia officinalis*), Rice Seed Sprout (*Oryza sativa*), Shen-Chu Blend (Barley Fruit-Hordeum vulgare), Apricot Seed-Prunus, Chinese Wormwood Tops-Artemisia apiacea, Pale Persicaria Whole Plant-Persicaria lapathifolium, Rice Bean Seed-Vigna umbellata, Xanthium Whole Plant-Xanthium sibiricum, Asian Ginseng Root (*Panax ginseng*), Gastrodia Rhizome (*Gastrodia elata*), Tangerine Mature Fruit Rind (*Citrus reticulata*), Typhonium Rhizome (*Typhonium flagelliforme*), Bai-Zhu Atractylodes Rhizome (*Atractylodes macrocephala*), Chinese Amomum Fruit (*Amomum villosum*), Platycodon Root (*Platycodon grandiflorum*), Ginger Rhizome (*Zingiber officinale*), Chinese Licorice Root (*Glycyrrhiza uralensis*)

†Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).



R 51510
US 13343