

# AL-C

100 capsules, Chinese Herbal Combination, Stock No. 1864-0

**A**L-C is a Chinese herbal decongestant and expectorant formula that focuses its action on damp phlegm congestion in the respiratory system.

Nature's Sunshine's Chinese herbal combinations are based on 5,000 years of Chinese herbal tradition. Traditional Chinese medicine, including herbs, provides primary healthcare for more than one-third of the world's population.

### *Did you know?*

The principle of therapy for relieving Metal Element stress is called Xuan Fei, which means to ventilate the lungs. This idea corresponds to the treatment of all kinds of breathing problems, and also with the enhancement of energy and circulation in the upper body. It is important to note that treatment of the Metal Element is not limited to sinus and bronchial disorders, although these are the usual physical manifestations. A Metal Relieving formula may be used even if there is not a congestive problem present at the moment. A tendency to get this sort of disorder, or the rare occurrence of a very severe lung disorder (such as pneumonia) is one indication of a Metal Element imbalance.

### *NSP Advantage*

100 capsules. Chinese herbal combination.

*Ingredients:* 473 mg combination of the finest fructus aurantia immaturi (*Citrus aurantium*), citrus (*Citrus species*) peel, pinellia (*Pinellia ternata*) rhizome, hoelen (*Poria cocos*) plant, bamboo (*Phyllostachys nigra*) sap, fritillaria (*Fritillaria verticillata*) bulb, bupleurum (*Bupleurum chinense*) root, inula (*Inula britannica*) flower, xingren (*Prunus armeniaca*), magnolia (*Magnolia liliflora*) bark, morus root (*Morus alba*) bark, ophiopogon (*Ophiopogon japonicus*) root, ginger (*Zingiber officinale*) rhizome, schizandra (*Schisandra chinensis*) fruit, and licorice (*Glycyrrhiza uralensis*) root.

*Recommendation:* Take four capsules every four hours as needed.

## Features & Benefits

- Contains herbs traditionally used for sinus congestion, bronchitis, sinusitis, headaches, asthma, chronic coughs, emphysema, tuberculosis, croup, sore throat, and the common cold.
- Relieves excess conditions.
- Ginger has traditionally been used as an antispasmodic and helps prevent nausea and vomiting associated with motion sickness, postoperative nausea and seasickness.
- Ginger also helps relieve digestive upsets/disturbances including flatulence, spasmodic indigestion and constipation.