

# IF-C

100 capsules, Chinese Herbal combination, Stock No. 1874-3

**I**F-C is a Chinese herbal combination for reducing heat and inflammation in the body.

Nature's Sunshine's Chinese herbal combinations are based on 5000 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 main principle of therapy is called Qing Re, which means to clean the heat. The concept is somewhat similar to that used in Western herbology, known as purifying the blood, but it differs in that the therapies are much broader, taking into account that the heat and toxin may be lodged in other parts of the system.<sup>1</sup>

## *NSP Advantage*

100 capsules. Chinese herbal combination.

*Ingredients:* 465 mg combination of the finest lonicera (*Lonicera japonica*) flowers, forsythia (*Forsythia suspensa*) fruit, chrysanthemum (*Chrysanthemen moriflorum*) flowers, cnidium (*Ligusticum walichii*) fruit, gardenia (*Gardenia jasminoides*) fruit, inula (*Inula britannica*) flower, ho shou wu (*Polygonum multiflorum*) root, schizonepeta (*Schizonepeta tenuifolia*) herb, scute (*Scutellaria baicalensis*) root, arctium (*Arctium lappa*) seed, bupleurum (*Bupleurum chinensis*) root, phellodendron (*Phellodendron amurense*) bark, siler (*Siler divaricatum*) root, dang gui (*Angelica sinensis*) root, vitex (*Vitex rotundifolia*) fruit, carthamus (*Carthamus tinctorius*) flowers, coptis (*Coptis chinensis*) rhizome, and licorice (*Glycyrrhiza uralensis*) root.

*Recommendation:* Take four capsules with a meal twice daily.

**CAUTION:** Pregnancy and nursing.

1. Dharmananda, S. *Your Nature, Your Health*, Institute for Traditional Medicine & Preventative Care, 1986, p. 146.

## Features & Benefits

- May help soothe inflamed and irritated tissues.
- The herbs in this formula enhance the body's detoxifying and eliminating functions.
- Clears the heat and may calm nervous tension.
- Some of the herbs in this formula provide mild diuretic and laxative effects.
- Traditionally used for inflammatory and feverish conditions, premenstrual syndrome, menopause, anemia, dry eyes, hemorrhoids, hepatitis, joint problems, insomnia, chipping nails, and depression.
- Relieves excess conditions.