

LH-C

100 capsules, Chinese Herbal combination, Stock No. 1890-3

LH-C is a Chinese combination which strengthens the lungs and immune system and enables the body to recuperate from illness.

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 principle of therapy often used is Fu Lei, which means to strengthen the weak and thin. When the Metal Element is very weak, the person tends to become very thin, especially in the upper body; they easily suffer from a feverish feeling, hacking cough, and excessive perspiration typical of a consumptive fever.

Many of the formulas incorporate herbs that clear the heat while moisturizing the fluids: anemarrhena is commonly used. They also incorporate herbs that strengthen vital energy and help reduce excessive perspiration, such as astragalus and schizandra.¹

NSP Advantage

100 capsules. Chinese herbal combination.

Ingredients: 520 mg combination of the finest astragalus (*Astragalus membranaceus*) root, aster (*Aster tataricus*) root, Qin Jiao (*Gentiana macrophylla*) root, inula (*Inula britannica*) flower, anemarrhena (*Anemarrhena asphodeloides*) rhizome, bupleurum (*Bupleurum chinensis*) root, Panax ginseng root, lycium (*Lycium chinense*) fruit, ophiopogon (*Ophiopogon japonicus*) root, dang gui (*Angelica sinensis*) root, atractylodes (*Atractylodea lancea*) rhizome, blue citrus (*Citrus reticulata*) peel, citrus (*Citrus species*) peel, pinellia (*Pinellia ternata*) rhizome, schizandra (*Schisandra chinensis*) fruit, and licorice (*Glycyrrhiza uralensis*) root.

Recommendation: Take three capsules with a meal three times daily.

CAUTION: Pregnancy and nursing.

1. 2. Dharmananda, S. *Your Nature, Your Health*, Institute for Traditional Medicine & Preventative Care, 1986, p. 127.

Features & Benefits

- May help strengthen the respiratory system, especially the lungs.
- Contains immunostimulatory herbs that increase the immune response and help fight infections.
- May help soothe inflamed tissues.
- Contains adaptogenic herbs that enhance the body's response to stress.
- Traditionally used for chronic bronchitis, asthma, wheezing, chronic respiratory infections, emphysema, thirst, constipation, chest tightness, fevers, pneumonia, and chronic coughs.
- Supplements deficient conditions.