

# LIV-C

100 capsules, Chinese Herbal combination, Stock No. 1862-8

**L**IV-C consists of herbs that enhance the body's detoxifying and eliminating processes via the liver, kidneys, spleen, and colon.

This combination helps restore energy and relieve nervous tension by strengthening the liver, promoting the production of digestive fluids and by increasing the body's ability to eliminate poisons and waste from the system.

Chinese herbalists would describe this herbal combination as a Wood-reducing formula.

## *Did you know?*

The fundamental characteristics associated with imbalance in individuals classified as having a Wood Constitution are a lack of free flowing action, and lack of smooth, even responsiveness. The Wood Element is part of our nature that provides the positive aspects of strength, resilience, and a tendency to expand, to be aggressive, and visible. The Wood Constitution individual is naturally aggressive and forceful (wanting to spread freely), sturdy, and resilient.<sup>2</sup>

## *NSP Advantage*

100 capsules. Chinese combination.

*Ingredients:* 485 mg combination of the finest bupleurum (*Bupleurum chinensis*) root, ho shou wu (*Polygonum multiflorum*) root, pinella (*Pinellia ternata*) rhizome, cinnamon (*Cinnamomum cassia*) twig, dang gui (*Angelica sinensis*) root, fushen (*Poria cocos*) plant, zhishi (*Citrus aurantium*) fruit, scute (*Scutellaria baicalensis*) root, atractylodes (*Atractylodes species*) rhizome, Panax ginseng root, ginger (*Zingiber officinale*) rhizome, and licorice (*Glycyrrhiza uralensis*) root.

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

**CAUTION:** Pregnancy and Nursing.

1. Pedersen, Mark, *Nutritional Herbology*, Wendell W. Whitman Co., 1994, p. 248.

2. Dharmananda, S., *Your Nature, Your Health*, Institute for Traditional Medicine & Preventive Health Care, 1986, p. 24.

## Features & Benefits

- May help improve digestion.
- The various herbs in this blend have traditionally been used to treat depression, nervous tension, gallstones, hepatitis, hypoglycemia, anemia, gastric ulcers, inflammatory skin conditions, dysmenorrhea, migraine headaches, and premenstrual syndrome.<sup>1</sup>
- Enhances circulation of Chi.
- Relieves excess conditions.
- Ginger helps relieve digestive upsets/disturbances including flatulence, spasm indigestion and constipation, and has traditionally been used as a spasmolytic (anti-spasmodic; prevents spasms, especially of smooth muscle).