

# IF-C Chinese (100 Caps)

Stock Number: 1875

## Benefits:

- May help support the body's natural process for muscle pain relief following exercise and massage.
- Nourishes the structural and immune systems.
- Promotes normal blood flow and thus supports the circulatory system.
- Helps in the normal elimination of toxic, metabolic waste.

## How It Works:

These herbs nourish the structural and immune systems by stimulating blood flow and supporting the natural elimination of toxic waste through a variety of actions. This formula may also promote a feeling of well-being. IF-C is designed to support healthy joint function and immunity and calm a stressed fire constitution. Its Chinese name qing re can be translated as "clear the heat."

## Ingredients:

Lonicera flower bud, forsythia fruit, cnidium rhizome, chrysanthemum flowers, gardenia fruit peony root without bark, platycodon root, schizonepeta flower, scute root, arctium fruit, bupleurum root, phellodendron stem bark, siler root, tang-kuei root, vitex fruit, carthamus flowers, coptis rhizome and licorice root.

## Recommended Use:

Take 4 capsules with a meal twice daily.

## Product Variations:

- IF-C TCM Concentrate (30 Caps)



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