

# Nervous Fatigue TCM Concentrate (30 Caps)

Stock Number: 1017

## Benefits:

- Relieves stress and promotes feelings of well-being.
- Nourishes the circulatory and nervous systems.
- Supports digestion.
- Promotes sleep.
- Invigorates the body.

## How It Works:

This TCM concentrate contains the same herbs found in Nervous Fatigue formula but in a highly concentrated blend. Traditional Chinese Medicine would consider this a fire-enhancing formula. Its Chinese name yang xin translates to “nurture the heart.” Weakness in the fire element usually manifests itself in the digestive, cardiovascular or reproductive systems. Biota seed contains aromatic compounds that have a sedative effect. These compounds also have a mild laxative effect. Jujuba seed contains bitter compounds that help promote relaxation. Schisandra fruit, a supporting herb in this formula, allows the body to respond quickly to stress, thus increasing the body’s capacity to work. Its bitter compounds also support circulation. Ginseng acts as an adaptogen to help maintain balance in the body and help the body adapt to stress.



## Ingredients:

Concentrated extract of schisandra fruit, biota seed, cistanche stem, cuscuta seed, lycium fruit, ophiopogon root tuber, succinum amber, tang-kuei root, acorus rhizome, astragalus root, dioscorea rhizome, hoelen sclerotium, lotus seed, ginseng root, polygala root, polygonatum rhizome, jujuba seed and rehmannia root tuber.

## Recommended Use:

Take one capsule with a meal daily.

**NOTE:** Pregnant or lactating women should consult their health care provider prior to taking this supplement.

## Product Variations:

- Nervous Fatigue Chinese (100 Caps)

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