

# STR-C

100 capsules, Chinese herbal combination, Stock No. 1871-0

**S**TR-C is a Chinese herbal sedative for calming the mind, body, and emotions, and reducing the effects of stress upon the body. Nature's Sunshine's Chinese herbal combinations are based on 5,000 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?*

Disturbances of the Fire Element are remedied by the therapeutic principle An Shen, which means, literally, to pacify the Spirit. According to Chinese ideas, the Spirit, or mind, is regulated by the Fire Element and is housed by the heart, the organ associated with the Fire Element.<sup>1</sup> STR-C combines herbs with natural sources of calcium to calm the nervous and circulatory systems.

## *NSP Advantage*

100 capsules. Chinese herbal combination.

*Ingredients:* Dragon bone (*Os draconis*), oyster shell (*Concha ostrea*), albizzia (*Albizia julibrissin*) bark, polygonum (*Polygala bistorta*) stem, fushen (*Poria cocos*) plant, acorus (*Acorus gramineus*) rhizome, curcuma (*Curcuma longa*) rhizome, cyperus (*Cyperus rotundus*) rhizome, haliotis shell (*Concha haliotis*), Panax ginseng root, polygala (*Polygala tenuifolia*) root, zizyphus (*Zizyphi spinosae*) seed, coptis (*Coptis chinensis*) rhizome, cinnamon (*Cinnamomum cassia*) twig, ginger (*Zingiber officinale*) rhizome, and licorice (*Glycyrrhiza uralensis*) root.

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

**Warning:** Contraindicated in inflammation and autoimmune disorders.

## Features & Benefits

- Calms the mind, body, and emotions.
- Reduces the effects of stress upon the body.
- Relieves muscle spasms associated with anxiety.
- Reduces anxiety, fright, and excitability.
- Improves energy by strengthening and reestablishing the normal flow of Chi.
- Lowers blood pressure.
- Strengthens the heart function.
- Traditionally used for insomnia, indigestion, paranoia, neurosis, angina pains, hyperventilation, and heart palpitations.
- Relieves excess conditions.