



Chinese Trigger Immune

(formerly IMM-C)

Stock #1889-2 (100 capsules)

TCM - Stock #1034-0 (30 capsules)

Trigger Immune is a Chinese herbal combination designed to build and strengthen the immune system, acting as a rejuvenative tonic for fatigue, chronic poor health, and general weakness. Trigger Immune also improves the body's ability to respond to stress, increases circulation, and enhances the body's healing powers where there has been trauma or a chronic degenerative condition.

Trigger Immune is a favored choice for anemia, arthritis, back pain, chronic poor health, debility, diabetes, diarrhea, dizziness, digestive weakness, fatigue, headache, hypertension, impaired immune response, impotence, insomnia, lack of appetite, menstrual problems, nervous exhaustion, palpitations, recovery from injury or trauma, respiratory problems, urinary dysfunction, vision problems, weakened muscles, and various emotional conditions, including anxiety, depression, irritability, and nervousness.

Achyranthes root focuses much of its action on the lower body, stimulating the circulatory and digestive systems, enhancing kidney and liver function, reducing blood pressure, strengthening the bones and sinews, and acting as an analgesic (pain-reliever). Achyranthes root is traditionally prescribed for arthritis, amenorrhea, bleeding gums, blood in the urine, blurred vision, dizziness, dysmenorrhea, headaches, hypertension, leukorrhea, lower back pain, nosebleeds, postpartum pain, rheumatism, toothache, urinary dysfunction, and urinary stones.

Astragalus root helps stimulate circulation, enhances white blood cell and immune function, increases cardiac function while reducing blood pressure, lowers blood sugar, relieves muscle spasms, promotes urine flow and the production of digestive fluids and bile, and strengthens the body where there is weakness or convalescence. In China, astragalus has long been used to stimulate immunity and resistance to disease, and to fight respiratory and urinary tract infections. Chinese studies show astragalus increases energy, improves digestion and reduces recovery time from chemotherapy and radiation. Astragalus also improves "wasting" conditions and is particularly beneficial for children due to its mild adaptogenic properties. Astragalus is commonly used for chronic colds, debility, diarrhea, edema, fatigue, lack of appetite, kidney problems, nephritis, postpartum fever, prolapse of organs, recovery following severe blood loss, shortness of breath, spontaneous sweating, thirst, ulcerative sores, urinary tract infections, uterine bleeding, and wasting conditions.

Atractylodes rhizome is a digestive system tonic, which stimulates the production of digestive fluids and enzymes, enhances spleen function, reduces blood sugar levels, stops spontaneous perspiration, controls bacterial infections, and acts as a diuretic. Atractylodes has been used for diarrhea, dyspepsia, edema, fatigue, flatulence, loss of appetite, nausea, night blindness, rheumatic arthritis, vomiting, and weakened digestion.

Citrus peel relaxes muscle spasms, increases circulation, stimulates the production of digestive and mucosal fluids, alleviates pain, and acts as an anti-inflammatory and antiseptic. Citrus peel is commonly used for breast abscesses, bronchitis and bronchial congestion, breast cancer, chest pain, colds, intermittent fever/chills, flatulence, hernia-like pain, indigestion, irritable bowel syndrome, liver and gall bladder disorders, lumbago, mastitis, vomiting, and wet coughs.

Dang gui root promotes oxygen absorption by the liver, raises metabolism, and enhances the liver's ability to regulate glycogen production to normalize blood sugar levels, thus aiding in the treatment of diabetes. Dang gui has also been shown to relieve stagnation in the spleen, improve digestion, and treat constipation and dyspepsia, particularly among the elderly. Dang gui acts as a mild analgesic (pain-reliever), laxative, and sedative, and exhibits some antibacterial activity against vaginal infection. Dang gui has been used to relieve pain associated with angina, arthritis, gout, injury, and neuralgia. Dang gui is believed to promote blood flow to the female reproductive organs, thus balancing menstruation. Research shows dang gui regulates uterine contractions, both stimulating and relaxing the uterus. Furthermore, Chinese herbalists regard dang gui as an aphrodisiac which stimulates the reproductive organs, increases the effectiveness of ovarian and testicular hormones, and enhances fertility. Dang gui is commonly used to treat anemia, bleeding disorders, dysmenorrhea, hemorrhaging, menstrual irregularities such as amenorrhea and PMS, menopausal complaints, and postpartum healing.

Epimedium leaf dilates blood vessels, lowers blood pressure, tones the liver and kidneys, controls coughing, and acts as an expectorant. According to Chinese herbal medicine, epimedium is also an aphrodisiac. Epimedium has been used for arthritis, asthma, bronchitis, cold or numb extremities, dizziness, forgetfulness, frequent urination, hand/foot spasms and cramps, high blood pressure, impotence, involuntary/premature ejaculation, lumbago,

menstrual irregularities, pain/coldness in the knees, spermatorrhea, and withdrawal.

Eucommia bark tones the liver and kidneys, strengthens the bones/sinews, promotes circulation to speed healing, calms a restless unborn child in the womb to prevent miscarriage, and controls bleeding during pregnancy. Chinese clinical trials have also confirmed the herb's ability to reduce blood pressure, except in cases of severe hypertension. Eucommia is helpful for fatigue, frequent urination, mild to moderate hypertension, muscle weakness, osteoporosis, pain/soreness/weakness in the lower back and knees, spermatorrhea, and significant back pain during pregnancy.

Ganoderma plant is an excellent heart herb, stimulating coronary blood flow, reducing blood pressure and cholesterol, and enabling the heart to operate more efficiently while requiring less oxygen. Ganoderma also stimulates the production of mucosal fluids, controls coughing, strengthens immunity by stimulating white blood cell activity, improves liver function, reduces blood sugar, alleviates joint pain, and acts as an antiseptic, expectorant, and sedative. Research shows ganoderma exhibits anti-allergenic, antibacterial, and antiviral properties. Ganoderma is normally used for angina pains, asthma, atherosclerosis, bronchial asthma, bronchitis, coronary heart disease, coughs, deafness, debility, dyspepsia, fatigue, hypercholesterolemia, hypertension, immune deficiency, insomnia, liver disorders, nervous conditions, palpitations, rheumatoid arthritis, and chronic tracheitis.

Hoelen plant tones the bladder/kidneys and promotes urination, regulates fluid balance/production, relieves congestion, strengthens spleen function, improves digestion, and acts as a natural sedative to calm the nerves. Researchers have identified a substance in hoelen which may have anticancer properties. Hoelen has been used to treat diarrhea, dizziness, dyspepsia, edema, emotional upset, epigastric distension (bloating), forgetfulness, headache, heart palpitations, hypertension, insomnia, loss of appetite, nervousness in children, and urinary dysfunction.

Licorice root increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritis, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral, and possible anticancer properties.

Ligustrum fruit stimulates liver function, strengthens the heart, enhances immune system functions by increasing the production of white blood cells, eliminates eye inflammation, alleviates pain, and acts as an antiseptic, diuretic, and laxative. Ligustrum also exhibits antibacterial, antiviral, and antitumor properties. Ligustrum is commonly used for lower back pain, blurred vision, bronchitis, cataracts, constipation, colds, dysmenorrhea, flu, gastroenteritis, graying hair, insomnia, liver problems, palpitations, pneumonia, premature menopause, retinitis, rheumatic pain, tinnitus, urinary tract infections, and weakened kidney function.

Lycium fruit reduces blood pressure and cholesterol, encourages liver cell regeneration, and tonifies the kidneys. Lycium fruit is beneficial for mild abdominal pain, atherosclerosis, backache, blurred vision/decreased visual acuity, diabetes, dizziness, impotence, leg pain, nocturnal emission, poor eyesight, thirst, vertigo, and wasting conditions.

Ophiopogon root relaxes muscle spasms, reduces blood sugar, encourages regeneration of pancreatic cells, stimulates mucosal fluid production to lubricate the bronchial and digestive tracts, and acts as an antiseptic and sedative. Ophiopogon is often used with anxiety, coronary heart disease, coughs, dry constipation, dry coughs, fear, fever, heart palpitations, insomnia, irritability, and thirst.

Panax ginseng root is used around the world for increasing immunity to disease, fatigue, and stress; delaying the effects of old age; enhancing the secretion of hormones; normalizing adrenal and thyroid imbalances; improving stamina; reducing blood sugar and cholesterol levels; and providing an overall sense of better health. Panax ginseng stimulates liver cell regeneration by increasing oxygen absorption and usage on the cellular level. Panax ginseng also contains substances which stimulate the brain, central nervous system, heart and blood vessels, liver enzyme production, and overall metabolism. Traditional Chinese medicine has employed the use of Panax ginseng for problems such as anemia, atherosclerosis, blood sugar imbalances, convalescence, debility, diabetes, diarrhea, gout, indigestion, impotence, insomnia, kidney degeneration, leprosy, liver disease, nausea, radiation poisoning, rheumatism, sexual indifference, spontaneous perspiration, and weakness of the spleen. Those who suffer from the stressful effects of chronic and debilitating diseases, including chronic anemia, coronary problems, depression, infections, and recovery following illness, injury or surgery, have experienced great benefit from the use of Panax ginseng. Furthermore, research shows panax ginseng contains immune-boosting polysaccharides and antioxidant compounds.

Peony root lowers blood pressure, reduces inflammation, cools fever, relaxes muscle spasms, alleviates pain, and exhibits antibacterial and sedative properties. Peony helps abdominal pain/cramping, dizziness, eczema, excessive perspiration, headache, leukorrhea, liver disorders, muscle cramps in the hands or feet, night sweats, premenstrual syndrome (PMS), spermatorrhea, and uterine bleeding.

Polygala root lowers blood pressure, exhibits antibacterial activity, and acts as a heart and kidney tonic, expectorant, and sedative. Polygala is commonly used for anxiety, bronchitis, coughs with excess phlegm, depression, excessive brooding/pent-up emotions, insomnia, mental/emotional disorientation, nervous tension, palpitations, poor memory, restlessness, and seizures.

Rehmannia root contains astringent substances which help stop bleeding and reduce inflammation, specifically in the liver. Chinese researchers have found rehmannia protects the liver, preventing poisoning and liver damage. In fact, clinical trials show rehmannia to be particularly effective for treating hepatitis. Other studies show rehmannia helps reduce blood pressure and blood cholesterol, as well as lowers blood sugar. Rehmannia is also known to strengthen fragile capillaries, regulate menstruation, reduce fever, and provide mild antibacterial and diuretic effects. Rehmannia is often used to treat anemia, constipation, diabetes, fever, heat rash, hemorrhage, infertility, insomnia, irritability, liver problems, menorrhagia, mouth and tongue sores, rheumatoid arthritis, sore throat, thirst associated with feverish illness, and ulcers.

Schizandra fruit is an adaptogen and nervous system tonic which helps the body to handle stress more effectively with less fatigue. Schizandra also increases blood circulation and blood sugar, reduces blood pressure, controls coughing, and stimulates bile flow and the production of mucosal fluids to moisten dry and irritated tissues. Schizandra contains substances which are both astringent and antiseptic, and which help strengthen heart and kidney function. Schizandra has been found to benefit anxiety, asthma, chronic diarrhea (associated with kidney weakness), diabetes, dry coughs, excessive perspiration, frequent urination, hepatitis, hyperacidity, insomnia, leukorrhea, nervous exhaustion, night sweats, nocturnal emission, palpitations, poor memory, spermatorrhea, urinary disorders, and wheezing.