

# TOP®

Perform at the top of your game, naturally. Our nutrient-rich, concentrated formula contains wild mint, an ingredient used in Traditional Chinese Medicine (TCM) for thousands of years to clear the head and allow constrained (Liver Qi with symptoms such as emotional instability) to flow freely. It also contains Chuan Xiong root, used in TCM to promote the movement of Qi and healthy circulation.

## BENEFITS

- Contains time-tested traditional herbs
- Supports healthy circulation and Qi movement
- Highly concentrated herbal ingredients
- No chemicals, hormones, or added stimulants



100 capsules

#20241

 Owner Expertise Formulation	 Kosher Certified
 Self-Manufactured in the USA	 Halal Certified
 Made with Natural Ingredients	 NSF Certified

## INGREDIENT HIGHLIGHTS

### WILD MINT

In TCM, this aromatic herb is considered to have cooling properties and has been used to disperse wind-heat for patterns of wind-heat with fever, headache, and cough.

### CHUAN XIONG ROOT

In TCM, this herb (also known as lovage) has warming properties, expels wind, and promotes the movement of Qi and healthy circulation.

### CHINESE ANGELICA ROOT

This herb is used in TCM to invigorate and harmonize/tonify the blood.

### JIN YIN HUA FLOWER

In TCM, this herb also called gold-and-silver flower is thought to have cooling properties and is used to clear heat.

## HOW TO USE

Adults: Take 7 capsules twice daily. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy. For prolonged use consult a health care practitioner.

## FAQs

### Q: What does tonify mean in TCM?

**A:** In TCM, tonification refers to a therapeutic treatment that nourishes and replenishes the Qi, blood, and yin and yang when they are weak or deficient. Qi can be interpreted as the "life energy" or "life force," which flows within us. Qi deficiency manifests as under-functioning of the entire body or certain organs, especially in the respiratory and digestive systems.

### Q: What does "clear heat" and "expel wind" mean in TCM?

**A:** From a Western perspective, it can be helpful to think of "heat" as inflammation. Inflammation is usually helpful and part of the healing process, but when it gets over a healthy threshold, it becomes a problem and is viewed as "heat." As in nature, heat causes expansion and increased activity, and this imbalance caused by too much heat can lead to irritability, fever, and inflammatory conditions. According to TCM, certain herbs can work in combination to clear the heat, support toxin removal, and restore balance to the body. Top® is made with wild mint, Chuan Xiong, Jin Yin Hua, and other targeted herbal ingredients that have been used in TCM to help clear heat, disperse wind-heat and expel wind.

Medicinal Ingredients / Ingrédients médicinaux ; Each capsule contains / Chaque gélule contient :	
Wild Mint / Menthe (Mentha arvensis, Herb / Herbe).....	59.3 mg (3 : 1, QCE / QBE 178 mg)
Jin Yin Hua / Jin Yin Hua (Lonicera japonica, Flower / Fleur).....	59.3 mg (3 : 1, QCE / QBE 178 mg)
Chuan Xiong / Chuan Xiong (Ligusticum sinense cv. chuanxiong, Root / Racine).....	35.6 mg (3 : 1, QCE / QBE 35.6 mg)
Chinese Angelica / Angélique de Chine (Angelica sinensis, Root / Racine).....	28.5 mg (3 : 1, QCE / QBE 28.5 mg)
White Willow / Saule blanc (Salix alba, Bark / Écorce).....	9.5 mg (3 : 1, QCE / QBE 28.5 mg)
Qianhu / Peucedan (Peucedanum praeruptorum, Root / Racine).....	19 mg (3 : 1, QCE / QBE 57 mg)
Shan Zha / Shan Zha (Crataegus pinnatifida, Fruit / Fruit).....	19 mg (3 : 1, QCE / QBE 57 mg)
Zi Wan / Zi Wan (Aster tataricus, Herb / Herbe).....	19 mg (3 : 1, QCE / QBE 57 mg)
Non-medicinal Ingredients / Ingrédients non médicinaux :	
Hyromellose.	
In a vegetable-based capsule / En gélule à base végétale	

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage for adults.



## NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.