



NATURE'S SUNSHINE

AnxiousLess

GOOD FOR

Nervous System

Brain

Adrenals

SIZE **30 capsules**

ITEM # **1167**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule daily as needed.

— How the Key Ingredients Work

AnxiousLess brings together five carefully chosen nutrients and botanicals that work with your body's own calming systems — supporting a relaxed mind, a steadier mood, and a nervous system that can handle whatever the day throws at it. Each ingredient has been studied for its role in easing everyday stress and helping you feel more at ease.

Magnesium — Think of magnesium as your body's built-in chill switch. It helps quiet overactive nerve signals, supports the calming side of your brain chemistry, and keeps stress hormones from running too high. Research shows that people with low magnesium tend to feel more anxious — and that topping levels back up can make a real difference to how calm and grounded you feel day to day.

L-Theanine — L-theanine is the naturally relaxing amino acid found in green tea — the reason a warm cup can feel so soothing. Studies show it encourages a state of relaxed alertness by promoting calm brain-wave activity and supporting the body's own feel-good chemistry, including GABA. At 200–400 mg daily it has been shown in multiple trials to ease stress and reduce anxious feelings without causing drowsiness.

Sceletium (Kanna) — Kanna is a small succulent plant from South Africa that the indigenous Khoisan people have used for centuries as a natural mood-lifter and tranquilizer. Modern research backs this up: clinical studies using a standardised kanna extract show it can calm the brain's alarm centre — the amygdala — reducing its reaction to stressful or fearful situations. It supports a lighter, more settled mood and helps take the edge off everyday tension.

Vitamin B1 (Thiamine) — Vitamin B1 is one of the original 'nerve vitamins' — your nervous system relies on it to function smoothly. Clinical research has found that thiamine supplementation can reduce anxiety and physical stress symptoms, particularly in women dealing with hormonal stress. It also helps keep your gut-brain connection healthy, since the nerves lining your digestive system depend on B1 just as much as the ones in your head.

Zinc — Zinc is a trace mineral that quietly does a lot of heavy lifting for your mood and stress response. It helps regulate cortisol — the hormone your body releases when you're under pressure — and supports the production of calming brain chemicals. Studies show that when zinc levels are low, the body's stress response can become harder to switch off, making everyday worries feel bigger than they need to be.

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