



NATURE'S SUNSHINE

Adrenal Support

GOOD FOR

Adrenals

Endocrine System

Nervous System

SIZE **60 Capsules**

ITEM # **1507**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

This carefully blended formula brings together vitamins, minerals, and plant extracts that work together to nourish your adrenal glands, help your body handle everyday stress, and keep your energy and mood on an even keel. Every ingredient was chosen because research points to a real role it plays in keeping your stress-response system healthy and humming.

Vitamin C — Your adrenal glands hold more vitamin C than almost any other tissue in the body — and they burn through it fast when you're under stress. This essential vitamin helps your body make cortisol and the energizing compounds that keep you alert, while also acting as a powerful antioxidant that mops up the extra free radicals stress creates.

Vitamin B5 (Pantothenic Acid) — Think of B5 as the spark plug for your adrenal glands. It's the direct building block of coenzyme A, the helper molecule your body absolutely must have to produce cortisol and other stress hormones. Chronic stress quietly drains your B5 reserves, so keeping levels topped up is a cornerstone of any adrenal-support routine.

Vitamin B6 (Pyridoxine) — B6 is a quiet workhorse that helps your body make serotonin, dopamine, and GABA — the calming and mood-lifting messengers that chronic stress tends to deplete. It also plays a direct supporting role in the adrenal stress response, making it a natural fit in a formula designed to help you feel balanced and resilient.

Magnesium — Stress and magnesium have a complicated relationship: stress burns through your magnesium stores, and low magnesium makes your stress response louder and harder to switch off. Restoring healthy magnesium levels helps calm the body's stress signaling, supports relaxed muscles and nerves, and has been shown in multiple studies to ease feelings of anxiety.

Zinc — Zinc plays a behind-the-scenes role in keeping adrenal hormone output balanced. Research shows that low zinc can cause cortisol levels to creep up, while adequate zinc helps support healthy DHEA production — an important counterbalance to excess stress hormones. It's a small but mighty mineral for anyone looking to keep their stress chemistry in check.

Schisandra (Schisandrins) — Schisandra is a berry from traditional Chinese and Russian herbal medicine, prized for centuries as an adaptogen — a plant that helps the body adapt to stress without tipping into overdrive. Modern research backs this up: schisandrins, the active compounds in Schisandra, have been shown to support the body's stress-regulation system, fight mental fatigue, and even help maintain muscle strength and healthy energy levels during demanding periods.

Licorice Root — Licorice root contains a natural compound that helps your body hold onto active cortisol a little longer, giving your adrenal glands a chance to rest rather than constantly working overtime. It has a long history of use in herbal traditions for supporting stamina and resilience, and modern research confirms it plays a meaningful role in adrenal hormone balance.

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