



NATURE'S SUNSHINE

Nutri-Calm

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Nervous System

Brain

Immune System

SIZE **100 tablets**

ITEM # **1617**

SERVING **1**

SUPPLY **33 days**

DIRECTIONS FOR USE Take one tablet with a meal three times daily.

— How the Key Ingredients Work

Nutri-Calm brings together a thoughtfully chosen blend of B vitamins, vitamin C, calming botanicals, and supportive nutrients that work together to help your body handle everyday stress, keep your energy steady, and support a relaxed, clear-headed feeling. Think of it as daily nourishment for your nerves, your mood, and your overall sense of wellbeing.

Vitamin C — Your adrenal glands — the little organs that manage your stress response — hold more vitamin C than almost any other tissue in the body, and they burn through it quickly when life gets hectic. Vitamin C helps replenish what stress depletes, supports your immune system, and helps your body make the natural compounds it needs to keep going.

Vitamin B1 (Thiamine) — Think of B1 as the spark plug for your nervous system. It helps your body convert food into usable energy and plays a key role in keeping your gut and nerves running smoothly. Research has shown that getting enough thiamine can support a calmer mood and help ease the physical feelings that sometimes come with everyday anxiety.

Vitamin B2 (Riboflavin) — Riboflavin is a quiet workhorse that keeps your body's natural defenses against oxidative stress in good shape. It helps regenerate one of your body's most important protective compounds — glutathione — so your cells stay better protected. It also supports the energy-producing pathways your body relies on all day long.

Vitamin B3 (Niacin) — Niacin helps your body build NAD+, a compound every cell needs to produce energy and maintain its natural defenses. It has also been studied for its calming properties — animal research suggests it may interact with the same receptors targeted by relaxation-supporting compounds, making it a meaningful part of any stress-support formula.

Vitamin B5 (Pantothenic Acid) — Pantothenic acid is the direct building block for coenzyme A, which your adrenal glands absolutely need to produce cortisol and other stress hormones. Chronic stress can deplete B5 over time, so keeping levels topped up helps your body maintain a healthy, balanced stress response and supports steady energy throughout the day.

Vitamin B6 (Pyridoxine) — B6 is involved in making some of your brain's most important calming and mood-regulating messengers, including serotonin, dopamine, and GABA. A double-blind clinical trial found that higher B6 intake was linked to reduced feelings of anxiety in young adults. It also supports your adrenal glands during periods of ongoing stress.

Vitamin B9 (Folate) — Folate helps keep your brain chemistry balanced by supporting the production of neurotransmitters and helping clear homocysteine — a compound that, when elevated, can cloud thinking and dampen mood. Getting enough folate is linked to better cognitive clarity and a more stable emotional state, making it a cornerstone of any calm-focused formula.

Vitamin B12 (Cobalamin) — B12 is essential for healthy nerve function and for making the mood-supporting brain chemicals your body depends on every day. Low B12 levels have been associated with feelings of anxiety and mental foginess. It also helps maintain the protective coating around your nerves, keeping signals traveling clearly and efficiently throughout your body.

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