



NATURE'S SUNSHINE

MultiVitamin & Mineral (Time Release)

GOOD FOR

Immune System

Nervous System

Endocrine System

SIZE **60 tablets**

ITEM # **1619**

SERVING **1**

SUPPLY **60 days**

DIRECTIONS FOR USE Take 1 tablet daily with a meal.

— How the Key Ingredients Work

This time-release formula delivers a broad range of vitamins, minerals, and botanical extras in a steady stream throughout the day, so your body gets what it needs when it needs it — no spikes, no gaps, just consistent everyday support.

Vitamin A — Known as the vision vitamin, vitamin A also plays a key role in keeping skin healthy, supporting the immune system, and helping the body defend itself against oxidative damage. It works alongside iron to support healthy red blood cell production and contributes to normal bone maintenance.

Vitamin C — One of the body's most important water-soluble antioxidants, vitamin C helps protect cells from everyday wear and tear, supports the production of collagen for healthy skin and connective tissue, boosts iron absorption from food, and gives the immune system a reliable daily lift.

Vitamin D — Often called the sunshine vitamin, vitamin D supports strong bones and teeth by helping the body absorb calcium properly. It also plays a meaningful role in immune balance and mood, and many people simply don't get enough from sunlight alone — making daily supplementation especially worthwhile.

Vitamin E — A fat-soluble antioxidant that works inside cell membranes, vitamin E helps shield the body's fats and tissues from oxidative damage. It supports healthy circulation, helps protect red blood cell membranes, and works hand in hand with other antioxidants in this formula to keep cells resilient.

Vitamin B1 (Thiamine) — Thiamine is the spark plug of the nervous system — it helps convert food into usable energy and keeps nerve signals running smoothly. It also supports a healthy gut and helps the body manage oxidative stress by promoting the production of glutathione, one of the body's own protective compounds.

Vitamin B2 (Riboflavin) — Riboflavin keeps the body's antioxidant recycling system humming by helping regenerate glutathione, the master protective molecule. It also supports energy production and healthy iron metabolism, and active individuals may have higher daily needs since vigorous exercise can deplete riboflavin stores.

Vitamin B3 (Niacin) — Niacin is the raw material the body uses to make NAD+, a coenzyme that powers hundreds of cellular processes including antioxidant defense and energy production. At the levels found in a daily multivitamin it helps keep cellular energy metabolism on track and supports overall metabolic wellness.

Vitamin B6 — Vitamin B6 is a workhorse nutrient involved in making neurotransmitters like serotonin, dopamine, and GABA — the brain chemicals that influence mood, calm, and focus. It also supports healthy heme production for red blood cells and helps the body respond to everyday stress more smoothly.

Folic Acid — Folic acid is essential for healthy cell division and DNA production, making it especially important for red blood cell formation. It also helps keep homocysteine levels in a healthy range, which supports the long-term health of blood vessels and the cardiovascular system.

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