



NATURE'S SUNSHINE

Vitamin B6

GOOD FOR

Nervous System

Cardiovascular system

Immune System

SIZE **120 tablets**

ITEM # **1626**

SERVING **1**

SUPPLY **120 days**

DIRECTIONS FOR USE Take 1 tablet daily with a meal.

— How the Key Ingredients Work

This formula brings together time-tested nutrients that work quietly behind the scenes — helping your body make the most of what you eat, keeping your mood steady, and giving your bones and cells the building blocks they need every day.

Vitamin B6 — Think of Vitamin B6 as your body's behind-the-scenes helper for feeling balanced and clear-headed. It plays a key role in helping your body produce feel-good brain chemicals like serotonin, dopamine, and GABA — the natural messengers that influence your mood, sense of calm, and focus. Research including a double-blind clinical trial has shown that higher B6 intake is linked to lower anxiety levels in young adults, and cross-sectional data associate lower B6 intake with higher anxiety risk. It also supports your body during stressful periods by helping maintain healthy neurotransmitter levels when your system is under pressure. Beyond mood, Vitamin B6 is involved in the process your body uses to build healthy red blood cells — a deficiency in this vitamin is actually a recognized cause of a specific type of anemia. For those managing attention and focus, studies combining B6 with magnesium have shown reductions in hyperactivity and improvements in attention. Whether you're navigating a busy week, feeling stretched thin, or simply want to support your everyday mental wellness, B6 is a foundational nutrient worth having in your corner.

Calcium — Calcium is the most abundant mineral in the human body, and for good reason — over 99% of it lives in your bones and teeth, giving them their strength and structure. Getting enough calcium throughout life matters enormously: during childhood and adolescence it helps build peak bone mass, and in adulthood it helps maintain the density you've already built. Meta-analyses of clinical trials confirm that calcium supplementation meaningfully supports bone mineral density, especially when paired with vitamin D. Beyond bones, calcium is also involved in normal nerve signaling and muscle function, making it a nutrient that touches many systems at once. People with certain digestive conditions, like celiac disease, are at particular risk of calcium shortfalls due to reduced absorption — guidelines from major health organizations specifically recommend calcium support in those cases. Whether you're a growing teen, a busy adult, or someone thinking ahead about long-term bone health, calcium is one of the most foundational minerals your body relies on every single day.

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