



NATURE'S SUNSHINE

# MultiVitamin & Mineral (SynerPro)

GOOD FOR

Immune System

Nervous System

Musculoskeletal System

SIZE **60 tablets**

ITEM # **1644**

SERVING **1**

SUPPLY **30 days**

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

## — How the Key Ingredients Work

MultiVitamin & Mineral SynerPro brings together a broad spectrum of essential vitamins, minerals, and whole-food concentrates — each chosen to fill nutritional gaps and help your body run at its best. The SynerPro blend adds broccoli, rosemary, turmeric, and other plant concentrates so the nutrients work together the way nature intended.

**Vitamin A** — Supports healthy vision, skin, and immune defenses. Vitamin A helps the body use iron from food and acts as a fat-soluble antioxidant inside cell membranes, protecting them from everyday oxidative wear. It comes in both preformed and plant-derived carotenoid forms for broad coverage.

**Vitamin C** — One of the body's most important water-soluble antioxidants. Vitamin C helps build and repair collagen — the protein that holds skin, joints, and blood vessels together — boosts iron absorption from plant foods, and supports the adrenal glands during times of stress.

**Vitamin D** — Often called the sunshine vitamin, vitamin D acts more like a hormone in the body. It helps the body absorb calcium for strong bones, supports a balanced immune response, and plays a role in mood and overall vitality — especially important for people who spend limited time outdoors.

**Vitamin E** — The body's primary fat-soluble antioxidant, vitamin E works inside cell membranes to interrupt the chain reactions that damage fats and tissues. It supports healthy red blood cells, helps protect arterial walls from oxidative stress, and works hand-in-hand with vitamin C.

**B-Vitamin Complex (B1, B2, B3, B5, B6, B7, B9, B12)** — Eight B vitamins work as a team to convert food into usable energy, support a healthy nervous system, and keep mood-related brain chemicals in balance. B vitamins also help the body make healthy red blood cells, support adrenal function during stress, and contribute to normal homocysteine metabolism for heart health. Biotin specifically supports hair, skin, and nail strength, while folate is especially important for cell renewal.

**Calcium** — The most abundant mineral in the body, calcium is the primary building block of bones and teeth. It also plays a quiet but critical role in muscle contractions, nerve signaling, and keeping the heart beating in a steady rhythm. Adequate calcium intake throughout life helps maintain bone density as we age.

**Magnesium** — Magnesium is involved in hundreds of the body's daily processes — from producing energy inside cells to keeping muscles relaxed and nerves calm. Research shows it supports a healthy stress response, helps maintain normal blood pressure, and contributes to flexible, healthy arteries. Many people fall short of their daily magnesium needs from diet alone.

**Zinc** — Zinc is a trace mineral that touches nearly every corner of health. It supports the immune system, helps the body make antioxidant enzymes, plays a role in healthy skin, and is important for hormone balance. Men in particular rely on zinc for reproductive health and normal testosterone levels.

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