



NATURE'S SUNSHINE

Zinc

Kosher

Halal

GOOD FOR

Immune System

Musculoskeletal System

Endocrine System

SIZE 150 tablets

ITEM # 1657

SERVING 1

SUPPLY 150 days

DIRECTIONS FOR USE Take 1 tablet daily with a meal.

— How the Key Ingredients Work

This carefully crafted formula brings together zinc and a thoughtful blend of complementary nutrients and botanicals to help your body stay strong, balanced, and resilient every day. Each ingredient plays its own supporting role, working together to cover the areas your body relies on most.

Zinc — The star of this formula, zinc is an essential mineral your body uses in hundreds of ways — from keeping your immune system sharp and your skin clear, to supporting healthy hormone levels and protecting cells from everyday oxidative stress. Since your body can't store zinc, getting it consistently really matters.

Calcium — Best known for keeping bones and teeth strong, calcium is the most abundant mineral in the body and does far more than build your skeleton. It also plays a key role in muscle contractions and nerve signaling, making it a foundational nutrient for everyday movement and function throughout life.

Phosphorus — Working hand in hand with calcium, phosphorus is the second most abundant mineral in bone and helps give your skeleton its strength and structure. It's also central to how your cells produce and use energy, supporting everything from an afternoon workout to your body's most basic daily functions.

Kelp — Harvested from nutrient-rich coastal waters, kelp is a natural source of minerals and beneficial plant compounds. Research shows kelp's unique components help the body defend against oxidative stress, and its natural fiber may support healthy appetite and digestion. It also contributes to healthy blood pressure in studies of edible algae.

Thyme — This familiar kitchen herb is surprisingly powerful. Thyme is packed with natural antioxidants like rosmarinic acid and thymol that help neutralize free radicals. Studies have also shown thyme's antimicrobial properties make it useful for skin clarity and oral freshness, supporting a clean, healthy feeling from the inside out.

Alfalfa — Called the 'father of all foods' for good reason, alfalfa is loaded with flavonoids, vitamins C and E, and chlorophyll — all known to support the body's natural antioxidant defenses. Animal and limited human studies also suggest alfalfa may help support healthy cholesterol levels and balanced blood sugar after meals.

 (888) 510-7196  service@caringsunshine.com

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