



NATURE'S SUNSHINE

AnxiousLess

GOOD FOR

Nervous System

Brain

Adrenals

SIZE **90 capsules**ITEM # **21911**SERVING **1**SUPPLY **90 days**

DIRECTIONS FOR USE Take 1 capsule daily as needed.

— How the Key Ingredients Work

AnxiousLess brings together five carefully chosen nutrients and botanicals — each one selected because research points to its ability to help the body handle stress, quiet an overactive mind, and support a steadier, more relaxed mood. Together they work across the nervous system, the stress-response pathways, and the brain's own calming chemistry to give you a well-rounded sense of ease.

Magnesium — Think of magnesium as your nervous system's natural off-switch. This essential mineral helps calm overactive nerve signals, supports the brain's own relaxing chemistry, and has been shown in multiple studies to ease feelings of anxiety — especially in people whose levels are running low. Chronic stress actually drains magnesium from the body, so topping it back up can help break that exhausting stress cycle.

L-Theanine — L-theanine is the naturally occurring amino acid behind the calm, clear-headed feeling many people notice after a cup of green tea. Research shows it encourages the brain to produce more of its own relaxing signals, promotes a state of relaxed alertness without drowsiness, and has been shown in multiple trials to reduce feelings of stress and anxiety at doses of 200–400 mg per day.

Kanna (Sceletium tortuosum) — Kanna is a succulent plant from South Africa that indigenous Khoisan peoples have used for centuries to lift mood and ease tension. Modern clinical research backs this tradition: a standardized kanna extract has been shown in double-blind studies to reduce the brain's reactivity to fearful stimuli and to promote measurable relaxation on EEG readings, supporting a calmer, more grounded outlook.

Vitamin B1 (Thiamine) — Vitamin B1 is one of the body's key nutrients for keeping the nervous system running smoothly. Clinical research has found that thiamine supplementation can reduce anxiety and physical stress symptoms, and systematic reviews of B vitamins point to positive effects on anxious feelings. It also helps protect the body from the extra oxidative stress that tension and worry can bring.

Zinc — Zinc is best known for immunity, but it plays a quieter and equally important role in emotional balance. It helps regulate the body's stress-hormone output, supports healthy adrenal function, and acts as a meaningful antioxidant — shielding nerve cells from the wear and tear that ongoing stress can cause. Keeping zinc levels adequate is a foundational step in supporting overall mental resilience.

Magnesium — Stress & Adrenal Support — Beyond its direct calming action on the nervous system, magnesium also helps regulate the body's stress-response axis. When stress hormones rise, magnesium helps keep that response proportionate rather than runaway. Studies show that low magnesium is linked to higher stress-hormone levels, and that restoring healthy magnesium status can ease the physical symptoms of adrenal overload and help the body recover more quickly after stressful events.

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