



NATURE'S SUNSHINE

AIVIA Whey Protein

Non-GMO

Gluten Free

Keto Friendly

GOOD FOR

Musculoskeletal System

Muscles

Endocrine System

SIZE **Vanilla (15 servings)**

ITEM # **22712**

SERVING **2 scoops**

SUPPLY **15 days**

DIRECTIONS FOR USE Mix 2 scoops (40 g) of powder into 9 ounces of water or beverage of choice.

— How the Key Ingredients Work

AIVIA Whey Protein brings together fast-absorbing whey with a carefully chosen blend of vitamins, minerals, and natural ingredients — each one playing its own role in helping your body perform, recover, and feel its best every day.

Whey Protein — The star of the formula. Whey is a complete, fast-digesting protein from milk that helps your muscles rebuild after exercise, supports a healthy weight by keeping you feeling full longer, and even helps your body produce glutathione — one of its most important natural defenses against everyday oxidative stress.

Vitamin D — Often called the sunshine vitamin, vitamin D does far more than most people realize. It helps your body absorb calcium properly, supports a balanced immune response, and plays a role in keeping your mood and energy on an even keel — especially important if you spend most of your day indoors.

Calcium — Your bones and teeth hold onto more than 99% of the calcium in your body, and getting enough every day is how you keep that reserve strong. Calcium also helps your muscles contract and your nerves send signals smoothly — making it a quiet but essential partner in everyday movement and function.

Magnesium — Magnesium is involved in hundreds of processes your body runs every single day — from producing energy and supporting restful sleep to helping your muscles relax after a workout. It also plays a role in keeping stress hormones in check, so you feel calmer and more balanced even on busy days.

Iron — Iron is what allows your red blood cells to carry oxygen from your lungs to every corner of your body. When iron levels are where they should be, you have the energy and stamina to power through workouts and daily life. It also supports healthy focus and mental clarity.

Potassium — Think of potassium as your body's natural balancing act. It works alongside sodium to help maintain healthy blood pressure, supports proper muscle contractions — including your heartbeat — and helps your cells use the energy from food efficiently. Most people simply don't get enough from their diet alone.

Vitamin B12 — Vitamin B12 keeps your nervous system healthy and helps your body make red blood cells properly. It also supports the kind of steady, lasting energy that gets you through the day — not a spike and crash, but genuine vitality. It's especially worth paying attention to if you eat little or no animal protein.

Vitamin B6 — Vitamin B6 is a behind-the-scenes workhorse that helps your body make the feel-good brain chemicals — like serotonin and dopamine — that influence your mood, focus, and sense of calm. It also supports healthy red blood cell production and helps your body break down the protein you eat into usable building blocks.

Folic Acid — Folic acid (vitamin B9) is best known for supporting healthy cell growth and red blood cell formation. It also helps keep homocysteine levels in a healthy range — an important factor for supporting your heart and blood vessels over the long term. It works hand in hand with B12 for best results.

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