



NATURE'S SUNSHINE

AIVIA Plant Protein

Vegan

Non-GMO

Gluten Free

Keto Friendly

GOOD FOR

Muscles

Musculoskeletal System

Endocrine System

SIZE **Vanilla (15 servings)**

ITEM # **22714**

SERVING **2**

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 Plant Protein isn't just about hitting your protein goals — it's a thoughtfully rounded formula that pairs clean plant-based protein with a full cast of vitamins and minerals working quietly in the background to support your energy, bones, mood, and everyday wellness. Every ingredient earns its place.

Vitamin D — Often called the sunshine vitamin, vitamin D helps your body absorb calcium properly, supports a healthy immune response, and plays a role in keeping your mood on an even keel. Many people don't get enough from sunlight alone, making it one of the most valuable additions to any daily formula.

Calcium — Calcium is the main building block of your bones and teeth, and your body relies on a steady supply throughout life — not just in childhood. It also helps muscles contract and supports normal nerve signaling, making it a true all-rounder that quietly keeps your body running smoothly every day.

Iron — Iron is what helps your red blood cells carry oxygen from your lungs to every corner of your body. When iron levels are where they should be, you feel it — better stamina, less fatigue, and the kind of steady energy that gets you through a full day of work or training without hitting a wall.

Potassium — Potassium is one of your body's key balancing minerals. It works alongside sodium to help maintain healthy blood pressure, supports normal muscle function, and plays a role in keeping blood sugar steady. Higher potassium intake is also linked to better bone mineral density, especially as we get older.

Vitamin B1 (Thiamine) — Thiamine is the spark that helps your body turn carbohydrates into usable energy. It also supports a healthy nervous system and plays a role in keeping your digestive system comfortable. Research even shows it has antioxidant properties, helping protect cells from everyday wear and tear.

Vitamin B6 — Vitamin B6 is a behind-the-scenes workhorse involved in making the mood-regulating brain chemicals your body depends on — including serotonin, dopamine, and GABA. Studies show it can help ease feelings of anxiety, and it's also essential for building healthy red blood cells and supporting your body's response to stress.

Vitamin B9 (Folate) — Folate helps your body make and repair DNA, supports healthy red blood cell formation, and keeps homocysteine — a compound that can be hard on blood vessels — at healthy levels. It's also important for brain health, helping maintain clear thinking and supporting the production of key neurotransmitters.

Vitamin B12 — Vitamin B12 keeps your nervous system healthy and works hand in hand with folate to produce red blood cells. Low B12 is surprisingly common, especially in people who eat mostly plant-based foods, and it's been linked to low energy, mood changes, and poor nerve health — making it a must-have in a plant protein formula.

Magnesium — Magnesium is involved in hundreds of processes in the body, from energy production to muscle relaxation to keeping your heart rhythm steady. It also supports a calmer stress response — research shows that keeping magnesium levels topped up can help take the edge off everyday anxiety and support more restful sleep.

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