



NATURE'S SUNSHINE

AIVIA Carb Blocker

Vegan

Non-GMO

Gluten Free

Keto Friendly

GOOD FOR

Endocrine System

Digestive System

Pancreas

SIZE **60 capsules**

ITEM # **22995**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 capsules prior to eating a high-carb meal.

— How the Key Ingredients Work

AIVIA Carb Blocker brings together three time-tested natural ingredients — kidney beans, cassia bark, and chromium — each chosen to help your body handle carbohydrates more comfortably, keep blood sugar on an even keel, and make it easier to feel satisfied after meals.

Kidney Bean Extract — Carb Management — White kidney bean extract contains a natural compound called phaseolamin that helps slow the breakdown of starchy carbohydrates in your digestive system. This means fewer carbs get fully processed at once, making it a popular choice for anyone looking to manage their carbohydrate intake more easily.

Kidney Bean Extract — Appetite & Satiety — Thanks to its naturally high fiber and protein content, kidney bean extract helps you feel fuller for longer. Clinical reviews link white kidney bean supplementation to reduced food intake and better portion control, making it a helpful ally for anyone working toward a healthy weight goal.

Kidney Bean Extract — Antioxidant Defense — Kidney beans are packed with natural plant compounds — including polyphenols and flavonoids — that help protect your body's cells from everyday oxidative stress. These protective compounds support your blood vessels and overall cellular health as part of a balanced daily routine.

Cassia Bark — Blood Sugar Balance — Cassia bark, a form of cinnamon used for centuries in traditional wellness, has been studied in multiple clinical trials. Research shows it can support healthier fasting blood sugar levels in people managing blood sugar concerns, making it a well-regarded natural choice for everyday glucose balance.

Cassia Bark — Metabolism Support — Cassia bark's active plant compounds help support how your body responds to the sugars and starches you eat. By encouraging a more balanced metabolic response after meals, it works alongside the other ingredients in this formula to help keep your energy levels steadier throughout the day.

Cassia Bark — Antioxidant Support — Beyond its role in blood sugar balance, cassia bark is rich in polyphenols and flavonoids that actively help neutralize harmful free radicals in the body. This antioxidant activity adds an extra layer of everyday cellular protection to your wellness routine.

Chromium — Blood Sugar & Insulin Support — Chromium is a trace mineral your body needs to help insulin work properly. A 2020 meta-analysis of 28 studies found that chromium supplementation significantly supported healthy fasting blood sugar, insulin levels, and insulin sensitivity — key pillars of long-term metabolic wellness.

Chromium — Appetite & Craving Control — Struggling with carbohydrate cravings? Chromium picolinate has been studied specifically for this. A randomized, double-blind, placebo-controlled trial found that chromium supplementation helped reduce hunger and carbohydrate cravings, particularly in overweight individuals who identified as carbohydrate cravers.

Chromium — Metabolism & Endocrine Support — Chromium plays a quiet but important role in your endocrine system by helping your body use glucose efficiently. When chromium levels are adequate, your pancreas and metabolic processes can work more smoothly together, supporting overall energy balance and healthy weight management.

 (888) 510-7196  service@caringsunshine.com

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