



NATURE'S SUNSHINE

AIVIA Hydrate

Vegan

Non-GMO

Gluten Free

GOOD FOR

Muscles

Cardiovascular system

Blood

SIZE **30 packets**

ITEM # **23077**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Mix 1 stick pack (4.2 g) in 14-16 ounces of water or beverage of choice. Mix to taste.

— How the Key Ingredients Work

AIVIA Hydrate brings together a thoughtfully chosen blend of minerals, amino acids, plant fibers, and natural sweeteners to help your body stay balanced, energized, and well-nourished throughout the day. Every ingredient plays a role — from supporting your bones and muscles to keeping your gut happy and your cells protected.

Calcium — The most abundant mineral in your body, calcium is best known for keeping bones and teeth strong — but it does so much more. It also helps your muscles contract, your nerves send signals, and your heart beat steadily. Getting enough calcium every day is one of the most important things you can do for long-term bone health, especially during growth years and beyond.

Potassium — Think of potassium as your body's natural balancing act. It works alongside sodium to help keep blood pressure in a healthy range, supports smooth muscle function, and plays a role in how your body handles blood sugar. Research shows that people who get enough potassium tend to have healthier arteries and stronger bones too.

Magnesium — Magnesium is involved in hundreds of processes your body runs every single day — from producing energy to keeping your muscles relaxed and your nerves calm. Studies show it can help support healthy blood pressure, reduce feelings of stress and anxiety, and even help keep your arteries flexible and functioning well. Many people don't get enough of it from food alone.

L-Alanyl-L-Glutamine — This is a special, highly stable form of glutamine — an amino acid your body relies on heavily during exercise and times of physical stress. Research in athletes shows it can support endurance, help with rehydration, and assist the body in maintaining healthy blood sugar balance. It's also been studied for its role in supporting a calm, healthy gut lining.

L-Glutamine — L-Glutamine is the most plentiful amino acid in the human body and a key building block for gut health and immune function. It helps maintain the integrity of your intestinal lining, supports your body's natural antioxidant defenses, and has been shown in clinical studies to help ease abdominal discomfort. Athletes also use it to help muscles recover after tough workouts.

Arabinogalactan — Sourced from larch trees, arabinogalactan is a natural prebiotic fiber that feeds the beneficial bacteria living in your gut. A 12-week clinical study found it helped reduce the number of common cold episodes in participants. It also supports the gut's immune system and has been recognized by integrative health practitioners as a valuable fiber for overall digestive wellness.

Grape — Grapes are packed with powerful plant compounds — including proanthocyanidins, resveratrol, and anthocyanins — that act as antioxidants in the body. Multiple clinical reviews confirm that grape seed extract can meaningfully support healthy blood pressure and help protect the lining of blood vessels. These polyphenols also help keep platelets from clumping together, supporting healthy circulation.

 (888) 510-7196  service@caringsunshine.com

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