



NATURE'S SUNSHINE

Power Meal Vanilla

Vegan

Non-GMO

Gluten Free

No Sugar

GOOD FOR

Digestive System

Muscles

Immune System

SIZE **Vanilla (15 servings)**

ITEM # **23533**

SERVING **2 Scoops (57 g)**

SUPPLY **15 days**

DIRECTIONS FOR USE Mix 2 rounded scoops (57 g) in 12-16 oz of water based on taste preference. Keep out of reach of children. Store in a cool, dry place.

— How the Key Ingredients Work

Power Meal Vanilla brings together plant proteins, whole-food superfoods, adaptogenic herbs, and a full spectrum of vitamins and minerals to help your body perform, recover, and feel its best. Every ingredient is chosen to nourish your muscles, support your gut, sharpen your focus, and keep your energy steady all day long.

Chickpea & Pea Protein — Two clean plant proteins team up to deliver the amino acids your muscles need to rebuild after exercise. Studies show pea protein supports strength gains comparable to whey, while chickpea protein adds iron, folate, and natural peptides that help keep you feeling full between meals.

Ashwagandha — One of the most studied adaptogens in the world, ashwagandha has been shown in multiple double-blind trials to meaningfully lower cortisol in chronically stressed adults. Lower stress hormones mean better recovery, steadier energy, and a calmer, more focused mind throughout the day.

Spirulina — This blue-green algae is packed with iron, B vitamins, and the antioxidant pigment phycocyanin. Human studies show spirulina improves antioxidant status, supports healthy red blood cell levels, and may help reduce appetite scores — a smart addition for anyone managing weight and energy together.

Beetroot — Beetroot is a natural source of dietary nitrates that the body converts to nitric oxide, widening blood vessels and improving oxygen delivery to working muscles. Multiple reviews confirm cardiorespiratory endurance benefits, and human studies show it can lower systolic blood pressure by up to 10 mmHg.

Cordyceps Mushroom — Used for centuries as an endurance tonic, cordyceps has RCT evidence showing improved tolerance to high-intensity exercise. It supports oxygen utilization and mitochondrial energy production, making it a natural fit for anyone looking to push their physical performance and bounce back faster.

Turkey Tail Mushroom — Rich in the immune-active compounds PSK and PSP, turkey tail is one of the most clinically studied mushrooms for immune support. Human trials show it stimulates T-cell and natural killer cell activity, helping your immune system stay sharp even during periods of heavy training or stress.

Reishi Mushroom — Known as the mushroom of calm, reishi has been shown in a double-blind RCT to reduce anxiety-related fatigue and improve wellbeing. It also supports antioxidant defense and immune balance, making it a valuable partner for recovery days when your body and mind both need a reset.

Maca Root — This Peruvian adaptogenic root has been shown in small RCTs to reduce self-reported anxiety and support energy and hormone balance. A 2024 systematic review confirmed antioxidant effects across key markers including glutathione and superoxide dismutase, supporting both stamina and cellular protection.

Ginseng — Ginsenosides in Panax ginseng modulate the body's stress response and support adrenal function. A 2025 RCT found ginseng berry extract significantly improved energy and vitality scores in men, while meta-analyses confirm it improves endothelial function and supports healthy blood pressure.

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