



NATURE'S SUNSHINE

# Power Meal Chocolate

Vegan

Vegetarian

Non-GMO

Gluten Free

No Sugar

GOOD FOR

Digestive System

Muscles

Immune System

SIZE **Chocolate (15 servings)**

ITEM # **23655**

SERVING **2 Scoops (56 g)**

SUPPLY **15 days**

**DIRECTIONS FOR USE** Mix 2 rounded scoops (56 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 Chocolate brings together a broad spectrum of vitamins, minerals, whole-food concentrates, and time-honored botanicals to nourish your body from the inside out. Every scoop is designed to support steady energy, a resilient immune system, healthy digestion, and overall daily wellness.

**Chickpea Protein** — A plant-based protein from one of the world's oldest cultivated legumes, chickpea protein delivers a satisfying amino acid profile that helps keep you feeling full longer. Studies show it supports healthy satiety hormones and provides iron, folate, and B6 — key nutrients your body needs to make healthy red blood cells.

**Pea Protein** — Pea protein rounds out the amino acid blend with a clean, easily digested source of plant protein. Research shows it supports muscle strength comparably to whey and helps trigger the body's natural fullness signals, making it a great partner for weight management and active lifestyles.

**Cocoa** — More than just great taste, cocoa is packed with natural polyphenols that support heart health, healthy blood pressure, and antioxidant defenses. Clinical studies show cocoa flavanols help keep blood vessels flexible and support healthy circulation — so your chocolate shake is genuinely working for you.

**Spirulina** — This deep-blue-green microalgae is one of nature's most nutrient-dense superfoods. Rich in iron, B vitamins, and the pigment phycocyanin, spirulina has been shown in clinical studies to improve hemoglobin levels, boost antioxidant enzyme activity, and help calm overactive immune responses linked to seasonal allergies.

**Ashwagandha** — Used in Ayurvedic wellness traditions for over 3,000 years, ashwagandha is a well-studied adaptogen that helps the body handle everyday stress. Multiple placebo-controlled trials show it can meaningfully lower cortisol levels, support healthy energy, and help maintain balanced hormones — especially useful during demanding periods.

**Vitamin D** — Often called the sunshine vitamin, vitamin D acts more like a hormone in the body, influencing everything from immune readiness to bone strength. Research consistently links healthy vitamin D levels with stronger immune defenses, better mood, and reduced risk of bone loss — especially important for people who spend most of their day indoors.

**B-Vitamin Complex (B1, B2, B3, B5, B6, B9, B12, Biotin)** — This formula delivers the full family of B vitamins, each playing its own essential role. Together they help convert the food you eat into usable energy, support a calm and focused nervous system, assist in making healthy red blood cells, and keep homocysteine — a marker tied to heart and brain health — at comfortable levels. Biotin additionally supports normal hair, skin, and nail maintenance.

**Chlorella** — A single-celled green algae packed with chlorophyll, iron, folate, and vitamin B12, chlorella has been shown in clinical trials to raise antioxidant enzyme levels and support healthy red blood cell production. It is especially valued as a whole-food source of nutrients that complement a plant-forward diet.

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