



NATURE'S SUNSHINE

Marine Glo Collagen

Non-GMO

Gluten Free

Dairy Free

GOOD FOR

Hair, Skin & Nails (Integumentary)

Eyes

Connective Tissue

SIZE **30 stick packs**ITEM # **23934**SERVING **1**SUPPLY **30 days**

DIRECTIONS FOR USE Once daily, mix the contents of 1 stick pack with 12-16 oz. of water.

— How the Key Ingredients Work

Marine Glo Collagen brings together a thoughtfully chosen blend of marine collagen, skin-loving vitamins, and plant-based nutrients that work together to support your skin, joints, energy, and overall vitality. Each ingredient plays its own role, and together they help your body look and feel its best from the inside out.

Marine Collagen — Collagen is the most abundant protein in your body — it's the building block that keeps skin firm, joints cushioned, and bones strong. As we age, our natural collagen supply slows down. Supplementing with collagen peptides gives your body the raw materials it needs to support skin elasticity, comfortable joint movement, and healthy connective tissue throughout your body.

Vitamin C (Ascorbic Acid) — Vitamin C is your body's go-to helper for making collagen — without it, the process simply can't happen properly. It also acts as a powerful antioxidant, helping to protect cells from everyday wear and tear, supports a healthy immune system, and helps your body absorb iron from food more effectively. Think of it as the spark that keeps your skin and immune health running smoothly.

Vitamin B3 (Niacinamide) — Niacinamide is a gentle, well-tolerated form of vitamin B3 that your body uses to produce NAD+, a key molecule that powers energy production inside every cell. It supports healthy metabolism, helps reduce feelings of fatigue, and is widely recognized for its skin-friendly properties — including helping to balance oil production and supporting a clearer, more even complexion.

Vitamin B7 (Biotin) — Often called the 'beauty vitamin,' biotin plays an essential role in how your body processes fats, carbohydrates, and proteins — all of which feed healthy hair, skin, and nails. It's a cofactor that supports normal energy metabolism and is especially well known for its role in supporting thicker, stronger hair, particularly when levels in the body are low.

Lutein — Lutein is a natural plant pigment found in high concentrations in the eyes and brain. It acts as a built-in filter and antioxidant, helping to protect your eyes from the strain of everyday light exposure. Research also links healthy lutein levels to better cognitive sharpness as we age, and it helps defend the body against oxidative stress that can accelerate aging.

Steviol Glycosides (Stevia) — Steviol glycosides are the naturally sweet compounds derived from the stevia plant, native to South America. Used here as a natural sweetener, stevia adds pleasant sweetness without the blood sugar spike that comes with regular sugar. Studies show it doesn't cause compensatory overeating and may support healthy blood sugar levels, making it a smart, feel-good choice for everyday use.

Tartaric Acid (2,3-Dihydroxybutanedioic Acid) — Tartaric acid is a naturally occurring fruit acid found in grapes, tamarind, and other plants. As an alpha-hydroxy acid, it has a long history of use in skincare for its gentle exfoliating and skin-smoothing properties — research on an 8% tartaric acid formulation showed it can help reduce moisture loss and improve the skin's ability to hold onto hydration. It also contributes antioxidant activity and has traditional roots in supporting digestive comfort.

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