



NATURE'S SUNSHINE

Power Balance Pouch

Vegan

Vegetarian

Non-GMO

Gluten Free

Keto Friendly

GOOD FOR

Endocrine System

Digestive System

Cardiovascular system

SIZE **30 Scoops**

ITEM # **24084**

SERVING **1 Scoop**

SUPPLY **30 days**

DIRECTIONS FOR USE Mix one scoop with 4-6 ounces of water and drink before meals containing carbohydrates.

— How the Key Ingredients Work

Power Balance Pouch brings together a colorful lineup of real-food ingredients — from crisp apple and juicy blueberry to ancient baobab and vibrant carrot — each chosen for the way it naturally supports healthy blood sugar, a comfortable weight, and a happy gut. Together they work as a team, helping your body find its own steady rhythm day after day.

Apple — Appetite & Satiety Support — Apple's natural pectin fiber helps you feel fuller for longer by slowing down how quickly your stomach empties. Studies show that the fiber and water content in apple can reduce how much you eat at the next meal, making it a smart ally when you're working toward a healthy weight.

Baobab — Blood Sugar Balance — This African 'Tree of Life' fruit has been shown in human studies to reduce the blood sugar spike that follows a carbohydrate-rich meal. Adding baobab powder to your routine is a gentle, food-first way to help keep your blood sugar on an even keel throughout the day.

Baobab — Appetite Control — A small clinical trial found that a drink containing baobab extract helped people feel noticeably less hungry compared to a matched drink without it. That natural hunger-dampening quality makes baobab a helpful partner for anyone paying attention to portion sizes and cravings.

Blueberry — Blood Sugar Balance — Blueberries are packed with anthocyanins — the pigments that give them their deep blue color — and multiple studies show these compounds can help lower fasting blood sugar and support healthier blood sugar levels over time, especially for people who are already watching their numbers.

Blueberry — Blood Pressure & Arterial Health — Research including a review of 12 clinical trials shows blueberry intake can reduce systolic blood pressure by around 3–4 mmHg in people with elevated cardiovascular risk. Blueberry anthocyanins also help keep artery walls flexible and support healthy circulation from the inside out.

Grape — Blood Pressure Support — Grape seed extract has been tested in multiple gold-standard clinical trials, and a meta-analysis of 16 studies found it produced meaningful reductions in both the top and bottom numbers of blood pressure readings. It's one of the most well-researched fruit-based ingredients for heart and circulation support.

Grape — Arterial Health — The proanthocyanidins naturally found in grape seeds help protect LDL cholesterol from oxidation and support healthy endothelial function — meaning the inner lining of your blood vessels stays smooth and responsive. This is a key part of keeping your cardiovascular system running well long-term.

Chokeberry — Antioxidant & Arterial Defense — Chokeberry (Aronia) ranks among the highest of any berry tested for antioxidant strength. Human trials show it can reduce systolic blood pressure by up to 11 mmHg, reduce LDL oxidation, and improve how well your arteries function — impressive results from one small but mighty berry.

Cherry — Blood Pressure Support — A 12-week clinical study in older adults found that tart cherry juice significantly reduced systolic blood pressure compared to a placebo. Tart cherries are rich in anthocyanins that support healthy blood flow and help the cardiovascular system stay in good shape as we age.

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