



NATURE'S SUNSHINE

Power Greens To-Go

Vegetarian

Non-GMO

Gluten Free

Soy Free

Keto Friendly

No Sugar

GOOD FOR

Digestive System

Immune System

Nervous System

SIZE **24 Stick Packs**

ITEM # **24086**

SERVING **1 To-Go Pack**

SUPPLY **24 days**

DIRECTIONS FOR USE Mix the contents of 1 To-Go pack into 6-8 oz. of water or your favorite beverage. Mix well and enjoy!

— How the Key Ingredients Work

Power Greens To-Go packs a rainbow of whole-food greens, fruits, and time-tested herbs into one easy scoop, delivering vitamins, minerals, and plant antioxidants that work together to fuel your energy, feed your cells, and help your body feel its best every day.

Spinach — One of nature's most nutrient-dense leafy greens, spinach brings iron, folate, and natural nitrates to the table. Those nitrates help your body produce nitric oxide, which supports healthy blood flow, while folate and iron work together to help keep red blood cells healthy and energy levels steady.

Spirulina — This deep-blue-green algae is a powerhouse of protein, iron, and B vitamins. Studies show spirulina helps support healthy red blood cell production and raises the body's own antioxidant activity — including a key protective compound called glutathione — helping your cells stay resilient against everyday stress.

Chlorella — A tiny but mighty green microalga, chlorella is packed with iron, folate, and vitamin B12 to help support healthy blood. Human studies show it raises antioxidant enzyme activity in the body, and research in pregnant women found it helped reduce the incidence of anemia — a sign of its real nutritional muscle.

Kale — Kale earns its superfood reputation with generous amounts of vitamins C, K, and E, plus carotenoids like lutein and zeaxanthin. Its vitamin C helps the body absorb the iron found alongside it, and a daily kale habit has been linked in clinical research to meaningful improvements in blood pressure readings.

Broccoli — Broccoli contains a special plant compound called sulforaphane that helps switch on the body's own built-in antioxidant system. Clinical trials using broccoli sprout extract have shown significant reductions in blood pressure, and human feeding studies confirm sulforaphane actually reaches joint tissue, where it may help support comfort and mobility.

Vitamin C — Your body can't make vitamin C on its own, so every dose matters. It's essential for building collagen — the protein that holds skin, joints, and blood vessels together — and it helps your immune system stay sharp. It also boosts iron absorption from plant foods, making it a perfect partner for a greens blend like this one.

Vitamin A — Vitamin A supports healthy vision, a well-functioning immune system, and the integrity of the skin and tissues that line your body. It also acts as a fat-soluble antioxidant inside cell membranes, helping to slow the kind of oxidative damage that can wear cells down over time.

Vitamin D — Often called the sunshine vitamin, vitamin D is essential for strong bones, a balanced immune response, and healthy muscle function. Research shows it helps modulate the immune system's activity, and adequate levels are associated with better overall wellness — especially important since many people don't get enough from sunlight alone.

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