



NATURE'S SUNSHINE

# Master Gland Formula®

Non-GMO

GOOD FOR

Endocrine System

Adrenals

Pituitary Gland

SIZE **120 Capsules**

ITEM # **3040**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 capsules twice daily.

## — How the Key Ingredients Work

Master Gland Formula® brings together a carefully chosen blend of vitamins, minerals, and time-honored herbs that work together to nourish your body's key glands and the systems they govern. From everyday energy and stress resilience to antioxidant protection and healthy circulation, every ingredient earns its place.

**Vitamin A** — A cornerstone nutrient for many body systems, vitamin A helps maintain healthy vision, supports the immune system, and plays a role in keeping skin and tissues in good shape. It also contributes to the body's natural antioxidant defenses and helps with normal iron use, making it a broad-reaching foundation for daily wellness.

**Vitamin C** — Your adrenal glands hold more vitamin C than almost any other tissue in the body, and they burn through it quickly during stressful days. Vitamin C helps the adrenals make the hormones your body needs to handle stress, supports collagen production for strong connective tissue, boosts iron absorption, and acts as a powerful everyday antioxidant.

**Vitamin E** — As the body's primary fat-soluble antioxidant, vitamin E works inside cell membranes to protect them from damage caused by everyday oxidative stress. It helps shield red blood cells from premature breakdown, supports healthy arteries, and teams up with vitamin C to provide a well-rounded layer of antioxidant protection throughout the body.

**Vitamin B5 (Pantothenic Acid)** — Often called the 'stress vitamin,' B5 is the raw material your body uses to make coenzyme A — the essential helper molecule behind adrenal hormone production, including cortisol. Without enough B5, the entire stress-response pathway slows down. It also plays a central role in converting food into usable cellular energy, making it vital for stamina and resilience.

**Zinc** — Zinc is involved in hundreds of processes throughout the body, but it stands out for its role in supporting healthy hormone balance — including testosterone — and in moderating the body's cortisol response. It also acts as a key building block for one of the body's most important antioxidant enzymes, helping protect cells from daily wear and tear.

**Manganese** — This quiet but essential trace mineral sits at the heart of the mitochondria's main antioxidant defense system, helping neutralize the free radicals produced during normal energy generation. Manganese also supports healthy cartilage and bone structure, and plays a supporting role in how the body manages blood sugar, making it a valuable behind-the-scenes contributor to overall wellness.

**Potassium** — Potassium is one of the body's most important minerals for keeping blood pressure in a healthy range, supporting proper muscle and nerve function, and maintaining fluid balance. Higher potassium intake is also linked to better bone mineral density and healthier blood sugar regulation, giving this everyday mineral an outsized impact on long-term wellness.

**Lecithin** — Lecithin is a natural phospholipid — a type of healthy fat — that the body uses to build cell membranes, support brain function, and keep bile flowing smoothly in the gallbladder. Human studies show it can help maintain healthy cholesterol levels, and emerging research highlights its role in supporting memory and cognitive health as we age.

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