



NATURE'S SUNSHINE

Nature's Harvest

Vegan

Gluten Free

Dairy Free

Keto Friendly

GOOD FOR

Digestive System

Cardiovascular system

Endocrine System

SIZE **450 g (15 servings)**

ITEM # **3090**

SERVING **1 scoop**

SUPPLY **15 days**

DIRECTIONS FOR USE Mix two level scoops of powder (31 grams) in approximately 8 oz. of water, or to taste, then shake vigorously and enjoy.

— How the Key Ingredients Work

Nature's Harvest brings together a carefully chosen blend of vitamins, minerals, and natural compounds that work together to fuel your energy, support your immune system, and help keep your bones, heart, and mind feeling their best. Each ingredient was selected because real research backs up what it does for your body every single day.

Vitamin D — Often called the sunshine vitamin, vitamin D acts like a messenger that helps your immune system stay balanced, supports healthy bones, and may help ease seasonal respiratory discomfort. Many people don't get enough from sunlight alone, so having it in your daily supplement helps fill that gap and keep your defenses strong.

Calcium — Calcium is the main building block of your bones and teeth — more than 99% of the calcium in your body lives in your skeleton. Getting enough every day helps maintain bone density as you age, supports healthy muscle contractions, and keeps your nerves sending signals the way they should.

Iron — Iron is what helps your red blood cells carry oxygen from your lungs to every corner of your body. Without enough of it, you can feel tired and sluggish. It also plays a role in keeping your energy up during exercise and supports the natural production of key brain chemicals that help you stay focused.

Potassium — Potassium is a mineral your heart, muscles, and nerves rely on constantly. Research links higher potassium intake to healthier blood pressure levels and better arterial flexibility. It also helps your body manage blood sugar by supporting the release of insulin, and it may help protect bone density by reducing the amount of calcium your body loses.

Vitamin A — Vitamin A is a fat-soluble nutrient that your eyes, skin, and immune system all depend on. It acts as an antioxidant inside cell membranes, helping to protect them from everyday damage. Studies also show it works hand-in-hand with iron to support healthy red blood cell production, making it especially valuable in a complete daily formula.

Vitamin C — Vitamin C is one of the body's most important antioxidants and a nutrient your body can't make on its own. It helps your body absorb iron from food and supplements more effectively, supports the natural production of collagen for healthy skin and tissue repair, and plays a key role in keeping your adrenal glands — your stress-response center — well supplied.

Vitamin B1 (Thiamine) — Thiamine was the very first B vitamin discovered, and it earns its place here by helping your body convert carbohydrates into usable energy. It also supports a healthy nervous system, helps your gut work smoothly, and contributes to your body's natural antioxidant defenses by supporting the production of protective compounds like glutathione.

Vitamin B2 (Riboflavin) — Riboflavin is the B vitamin that gives certain supplements their bright yellow color, and it does some serious work behind the scenes. It helps power the metabolic pathways your body uses to produce energy, supports the recycling of glutathione — one of your body's key antioxidants — and plays a role in keeping iron metabolism running properly to support healthy blood.

 (888) 510-7196  service@caringsunshine.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.