



NATURE'S SUNSHINE

Mind-Max

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Brain

Nervous System

Cardiovascular system

SIZE **90 Capsules**

ITEM # **3134**

SERVING **3**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 3 capsules twice daily.

— How the Key Ingredients Work

Mind-Max brings together a carefully chosen blend of nutrients that work together to support your brain, nervous system, and heart — helping you stay focused, think clearly, and feel your best as you age.

Magnesium — Brain & Nervous System Support — Magnesium is one of the most important minerals your body relies on every single day. It helps keep your nervous system running smoothly, supports healthy energy levels, and plays a key role in hundreds of processes that keep your brain and body feeling balanced and well.

Magnesium — Calm & Stress Balance — Feeling overwhelmed? Magnesium may help take the edge off. Research shows it supports a calmer, more relaxed state of mind, particularly in people whose magnesium levels run low. It helps the brain manage stress signals so you don't feel like you're constantly running on empty.

Magnesium — Arterial & Heart Health — Your heart and blood vessels love magnesium. Studies show that magnesium supplementation can help support healthier, more flexible arteries — an important part of keeping circulation strong and your cardiovascular system working the way it should.

Magnesium — Antioxidant Defense — Low magnesium levels are linked to higher levels of oxidative stress in the body. By keeping magnesium levels topped up, you help give your body's natural defenses a better chance to protect your cells — including the ones in your brain — from everyday wear and tear.

Calcium — Nervous System Function — Calcium isn't just for bones. It plays an essential role in nerve signaling throughout your body, helping messages travel quickly and accurately between your brain and the rest of your nervous system. That steady communication is key to sharp thinking and smooth movement.

Calcium — Bone & Structural Support — Calcium is the main building block of your bones and teeth, and getting enough of it matters at every stage of life. Research consistently shows that adequate calcium intake helps maintain healthy bone density, giving your body a strong foundation to support everything else you do.

Cannabigerol (CBG) — Nervous System Wellness — CBG is a naturally occurring compound from the Cannabis sativa plant that has no psychoactive effects. Early research is exploring how CBG interacts with the body's own systems to support nervous system health and overall balance — making it an intriguing addition to a brain-focused formula.

Arjun Tree — Cardiovascular Support — Terminalia arjuna, known as the Arjun tree, has been a cornerstone of traditional Indian wellness practices for centuries. Traditionally prized for heart and circulatory support, this botanical brings a time-honored perspective on keeping your cardiovascular system healthy and resilient.

Chromic Oxide — Metabolic Balance — Chromium is a trace mineral that plays a supporting role in how your body handles blood sugar and insulin. Keeping those levels balanced matters for sustained mental energy — because your brain runs on glucose, and steady fuel means steadier focus throughout the day.

 (888) 510-7196  service@caringsunshine.com

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