



NATURE'S SUNSHINE

Chewable Vitamin C

Kosher

Non-GMO

GOOD FOR

Immune System

Connective Tissue

Hair, Skin & Nails (Integumentary)

SIZE **90 tablets**

ITEM # **3241**

SERVING **1-2**

SUPPLY **22-45 days**

DIRECTIONS FOR USE **Adults:** Chew 2 tablets with meals twice daily. **Children:** Chew 1 tablet with a meal twice daily.

— How the Key Ingredients Work

This chewable formula brings together vitamin C, calcium, and the natural goodness of orange and rose hips to give your body everyday nutritional support in a form that's genuinely enjoyable to take. Each ingredient plays its own role in keeping you feeling your best, from your immune system to your bones to your body's natural defenses.

Vitamin C (Ascorbic Acid) — Vitamin C is one of the hardest-working nutrients in your body. It supports a healthy immune system, helps your body make collagen to keep skin and tissues strong, and makes it easier to absorb iron from food. It's also a powerful antioxidant, helping to protect your cells from everyday wear and tear.

Vitamin C & Immune Support — Your immune system relies on vitamin C every single day. The body can't make its own vitamin C, so getting a consistent daily amount through food or supplements is essential. A chewable format makes it easy to stay on top of your intake without having to swallow a pill.

Vitamin C & Collagen Formation — Collagen is the protein that holds your skin, joints, and connective tissues together, and vitamin C is a key part of how your body builds it. Without enough vitamin C, the body simply can't produce collagen properly — making this nutrient a quiet but essential partner in keeping your body's structure sound.

Vitamin C & Iron Absorption — If you eat plant-based sources of iron, vitamin C is your best friend at mealtime. It helps convert iron into a form your body can actually absorb and use, making it a smart companion for anyone who wants to get the most out of their diet and support healthy iron levels.

Vitamin C & Adrenal Health — Your adrenal glands hold more vitamin C than almost any other organ in the body — and for good reason. Vitamin C plays a role in helping the adrenal glands do their job, including supporting the normal production of stress-related hormones. Stressful periods can deplete vitamin C quickly, making regular replenishment especially important.

Vitamin C & Antioxidant Defense — As a water-soluble antioxidant, vitamin C helps neutralize free radicals — the unstable molecules that can build up from pollution, stress, and everyday life. Keeping antioxidant levels topped up is one of the simplest things you can do to support your long-term wellness.

Calcium — Calcium is the most abundant mineral in the human body, and the vast majority of it lives in your bones and teeth. Getting enough calcium — especially during childhood and early adulthood — helps build strong bones and supports peak bone mass, which matters for lifelong skeletal health.

Calcium & Bone Density — Research consistently shows that calcium plays a central role in maintaining bone mineral density. Combined with other key nutrients, adequate calcium intake is one of the most well-established ways to support bone strength at every stage of life, from growing kids to active adults.

Calcium & Children's Development — For growing children and teenagers, calcium is non-negotiable. It fuels the rapid bone and teeth development that happens during childhood and adolescence. Health authorities recommend higher calcium intakes during these years precisely because the body is building the foundation it will rely on for decades.

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