



NATURE'S SUNSHINE

VitaWave

Organic

Non-GMO

GOOD FOR

Immune System

Nervous System

Endocrine System

SIZE **32 fl oz**

ITEM # **3332**

SERVING **0.5-1 oz**

SUPPLY **32-64 days**

DIRECTIONS FOR USE Adults: Take two tablespoons (1 oz.) daily with a meal. Children ages 9 and older: Take 1 tablespoon (1/2 oz.) daily with a meal.

— How the Key Ingredients Work

VitaWave brings together a broad spectrum of vitamins, minerals, amino acids, and botanical extracts — each chosen to support a different piece of your overall wellness puzzle. Together they work as a team, filling nutritional gaps and helping your body feel its best from the inside out.

Vitamin A — Best known for keeping your eyes sharp in low light, vitamin A also plays a big role in supporting healthy skin, a strong immune response, and normal cell growth. It works in both its ready-to-use form from animal foods and as provitamin A carotenoids from fruits and vegetables.

Vitamin E — Think of vitamin E as your cells' personal bodyguard. This fat-soluble vitamin sits inside cell membranes and intercepts harmful free radicals before they can damage delicate fats and tissues. Studies confirm it raises the body's overall antioxidant protection and supports healthy blood vessel walls.

Vitamin K — Vitamin K is the quiet workhorse behind two big jobs: helping your blood clot properly and keeping calcium where it belongs — in your bones rather than your artery walls. Research shows it supports healthy bone density and helps maintain flexible, healthy arteries as you age.

Vitamin B1 (Thiamine) — Thiamine was the very first B vitamin discovered, and for good reason — it helps your body unlock energy from carbohydrates and keeps your nervous system running smoothly. It also supports a healthy gut and plays a role in your body's natural defenses against oxidative stress.

Vitamin B2 (Riboflavin) — Riboflavin powers the enzymes your body uses to recycle glutathione, one of its most important internal antioxidants. It also helps convert food into usable energy and supports healthy iron metabolism, making it a key player for anyone who wants to stay energized and protected.

Vitamin B3 (Niacinamide) — Niacinamide is the gentler, flush-free form of vitamin B3. It helps your body produce NAD+, a molecule your cells rely on to generate energy in their mitochondria. It carries an official EU health claim for contributing to normal energy-yielding metabolism and reducing tiredness and fatigue.

Vitamin B6 — Vitamin B6 is a cofactor your body uses to build feel-good neurotransmitters like serotonin, dopamine, and GABA. A double-blind trial found that higher-dose B6 reduced self-reported anxiety in young adults. It also supports healthy red blood cell production and helps manage the effects of everyday stress.

Vitamin B12 — Vitamin B12 is essential for making healthy red blood cells and keeping your nervous system's protective myelin sheath intact. Low B12 is one of the most common causes of fatigue and is linked to mood and memory concerns, making it a cornerstone of any complete daily formula.

Vitamin B7 (Biotin) — Biotin acts as a helper molecule for several key enzymes involved in turning fats, carbohydrates, and proteins into energy. The EU has authorized the health claim that biotin contributes to normal energy-yielding metabolism. It is also widely recognized for its role in supporting healthy hair and skin.

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