



NATURE'S SUNSHINE

Fibralgia

Kosher

Non-GMO

GOOD FOR

Muscles

Musculoskeletal System

Nervous System

SIZE **90 Capsules**

ITEM # **4061**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Fibralgia brings together a carefully chosen form of magnesium to help your muscles relax, your nerves stay calm, and your body keep up with the demands of daily life. It works by giving your body one of its most essential minerals — one that touches nearly every corner of your health.

Magnesium — Muscle Comfort — Tight, achy muscles can be a sign your body is running low on magnesium. This essential mineral helps muscles relax after they contract, easing tension and soreness so you can move through your day with greater ease and less discomfort.

Magnesium — Nervous System Calm — Your nervous system relies on magnesium to stay balanced and avoid becoming overactive. By helping keep nerve signals smooth and steady, magnesium supports a calmer, more grounded feeling — especially helpful when stress or fatigue leaves you feeling wired and worn out.

Magnesium — Energy & Fatigue Support — Feeling persistently tired? Magnesium is deeply involved in how your body produces and uses energy at the cellular level. Getting enough of it helps your body convert food into usable fuel more efficiently, supporting steadier energy throughout the day.

Magnesium — Mitochondrial Health — Your mitochondria are the tiny power generators inside your cells, and magnesium helps keep them running well. When magnesium levels are low, these cellular engines can struggle, contributing to fatigue and low stamina. Supporting healthy magnesium levels helps keep that inner energy system humming.

Magnesium — Muscle Recovery — After physical activity or a long, demanding day, your muscles need to recover. Magnesium supports that recovery process by helping muscles release tension and return to a relaxed state, so you bounce back faster and feel less worn down between activities.

Magnesium — Bone Density & Strength — Strong bones aren't just about calcium — magnesium plays a key supporting role in keeping your skeleton healthy and dense. It works alongside other minerals to help maintain the structural integrity of your bones, which matters more and more as the years go by.

Magnesium — Stress & Adrenal Support — Chronic stress quietly drains your body's magnesium stores, and low magnesium in turn makes stress feel even harder to handle. Replenishing this mineral helps interrupt that cycle, supporting your body's ability to manage everyday stress without running on empty.

Magnesium — Anxiety & Mood Balance — Multiple studies have found that magnesium can have a gentle calming effect on mood, particularly in people whose levels are low. By supporting balanced nerve signaling, it may help take the edge off anxious feelings and promote a more settled, even-keeled state of mind.

Magnesium — Antioxidant Defense — Low magnesium is linked to higher levels of oxidative stress — essentially, more wear and tear on your cells. Keeping magnesium levels healthy helps your body maintain its natural defenses against this everyday cellular stress, supporting long-term vitality and resilience.

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