



NATURE'S SUNSHINE

Natural Changes

GOOD FOR

Female Reproductive System

Endocrine System

Nervous System

SIZE **42 packets**

ITEM # **4106**

SERVING **1**

SUPPLY **21 days**

DIRECTIONS FOR USE Take the contents of one packet with the morning meal and another packet with the evening meal. Drink one glass (8 ounces) of purified water with each packet. This represents a 21 day supply.

— How the Key Ingredients Work

Natural Changes brings together a carefully chosen blend of vitamins, minerals, and time-honored botanicals to nourish the body during hormonal transitions and everyday life. Each ingredient plays a supporting role — from helping maintain energy and mood to caring for bones, skin, and overall balance.

Vitamin A — A fat-soluble vitamin that helps protect cells from everyday oxidative stress and supports healthy skin. The body converts it into active forms that work with multiple systems, including vision, immune defense, and maintaining the integrity of skin and tissue throughout the body.

Vitamin C — One of the body's most important water-soluble antioxidants, vitamin C helps support the immune system, assists in the formation of collagen for healthy skin and connective tissue, and helps the body absorb iron from food more effectively — a key concern for women at any age.

Vitamin D3 — Often called the sunshine vitamin, D3 is the form your body makes naturally and uses most readily. It works alongside calcium to help keep bones strong, supports a balanced immune response, and has been studied for its role in maintaining healthy mood and hormonal balance.

B-Vitamin Complex (B1, B2, B3, B5, B6, B9, B12, Biotin) — This full spectrum of B vitamins works together to help convert food into usable energy, support a calm and steady nervous system, and assist in the production of mood-related brain chemicals. Folate and B12 together support healthy red blood cells, while B6 plays a key role in hormone metabolism and B5 supports the adrenal glands during times of stress.

Choline — An essential nutrient that most people do not get enough of from diet alone, choline is a building block for the neurotransmitter most closely tied to memory and sharp thinking. It also supports healthy cell membranes throughout the body and is especially important during periods of hormonal change.

Calcium — The primary mineral that gives bones and teeth their strength, calcium is essential throughout a woman's life — and especially so as estrogen levels shift and bone density becomes a greater concern. It also plays a quiet but vital role in muscle function and nerve communication every single day.

Magnesium — Involved in hundreds of processes in the body, magnesium helps muscles relax, supports restful sleep, and plays a role in keeping stress hormones in check. Research shows it may help ease feelings of anxiety and supports healthy energy metabolism, making it a cornerstone mineral for women navigating busy or stressful seasons of life.

Iron — Iron is essential for making hemoglobin, the protein in red blood cells that carries oxygen throughout the body. Adequate iron helps maintain healthy energy levels and supports physical stamina — particularly important for women who may have higher iron needs during certain life stages.

Zinc — A trace mineral with a wide range of responsibilities, zinc supports a healthy immune system, helps maintain clear skin, and plays a role in hormone balance. It also acts as a structural partner for one of the body's key antioxidant enzymes, helping to protect cells from everyday wear and tear.

 (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.

BUY THIS QUICKLY
Scan to shop this product

