



NATURE'S SUNSHINE

Structural System (30 Day Program)

Organic

Non-GMO

GOOD FOR

Musculoskeletal System

Joints

Connective Tissue

SIZE **60 packets**

ITEM # **5389**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take the contents of one packet in the morning with breakfast and the contents of one packet in the evening with a meal. Follow this pattern for 30 days.

— How the Key Ingredients Work

Structural System brings together time-tested herbs, essential minerals, and key building-block nutrients that your body uses to keep joints comfortable, bones strong, and connective tissue resilient. Each ingredient was chosen to work alongside the others, giving your structural foundation the daily support it deserves.

Glucosamine — One of the body's own natural building blocks for cartilage, glucosamine helps keep the cushioning tissue inside your joints well-supplied with the materials it needs. Research including multiple clinical trials shows it can support joint comfort and mobility, particularly in the knees and spine.

Chondroitin — Found naturally in cartilage and other connective tissues, chondroitin works alongside glucosamine to help maintain the structure and resilience of joint tissue. Studies suggest it may support comfortable movement and help protect cartilage over time, and it also plays a role in the protective lining of the bladder.

MSM (Methylsulfonylmethane) — MSM is a naturally occurring sulfur compound that your body uses to build collagen and other connective-tissue proteins. Clinical trials using 6 g daily found meaningful improvements in joint comfort and physical function. It also brings antioxidant and anti-inflammatory properties that benefit muscles and joints alike.

Calcium — The most abundant mineral in your body, calcium is the primary building material of bone and teeth. Getting enough calcium throughout life — especially combined with vitamin D — is one of the most well-established ways to support healthy bone density and reduce the risk of bone loss as you age.

Vitamin D3 — Vitamin D3 is the form your skin makes from sunlight and the form best studied for bone health. It helps your body absorb and use calcium properly, supports healthy bone density, and plays a role in keeping muscles and the immune system working well. Many people don't get enough from diet and sunlight alone.

Magnesium — Magnesium is involved in hundreds of processes in the body, including the steps that build and maintain bone. It works hand-in-hand with calcium and vitamin D, and research shows it also supports healthy arterial flexibility, relaxed muscles, and a calm nervous system — all part of feeling structurally sound.

Boron — This trace mineral quietly does a lot for your skeleton. Boron helps the body hold on to calcium, magnesium, and vitamin D longer, and research shows it supports healthy bone metabolism. Small clinical studies also suggest it may ease joint discomfort, and it has been shown to support healthy free testosterone levels in men.

Horsetail — Horsetail is one of nature's richest plant sources of silica, a mineral your body needs to build collagen — the protein that gives structure to bones, cartilage, tendons, and skin. A clinical trial in postmenopausal women found horsetail supported bone health, and it brings well-documented antioxidant flavonoids as well.

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