



NATURE'S SUNSHINE

Solstic Twenty-Four

GOOD FOR

Immune System

Musculoskeletal System

Nervous System

SIZE **30 packets**

ITEM # **6525**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Mix the contents of one Solstic Twenty-Four packet into 14-16 oz. of cold water once daily.

— How the Key Ingredients Work

Solstic Twenty-Four brings together a broad spectrum of vitamins, minerals, and plant-based extras in one convenient daily formula — each ingredient chosen to fill nutritional gaps and help your body run at its best, morning to night.

Vitamin A — Best known for keeping your eyes sharp in low light, vitamin A also plays a big role in supporting your immune system and helping your skin stay healthy. It works as a fat-soluble antioxidant inside cell membranes, and it helps your body use iron properly to support healthy red blood cell production.

Vitamin C — One of the body's most important water-soluble antioxidants, vitamin C helps protect cells from everyday oxidative wear. It supports collagen formation for healthy skin and connective tissue, boosts iron absorption from plant foods, and helps keep your immune system ready to respond when you need it most.

Vitamin D — Often called the sunshine vitamin, vitamin D acts more like a hormone in the body — it helps regulate immune balance, supports strong bones by working alongside calcium, and plays a role in keeping your mood on an even keel. Many people don't get enough from sunlight alone, making daily supplementation especially worthwhile.

Vitamin E — Vitamin E is your body's primary fat-soluble antioxidant, working inside cell membranes to interrupt the chain reactions that damage fats and tissues. It helps protect red blood cells from oxidative damage, supports healthy arterial walls, and teams up with vitamin C to promote good circulation and endothelial function.

Vitamin K — Vitamin K is essential for two big jobs: helping blood clot properly and keeping calcium where it belongs — in your bones rather than your arteries. It activates proteins that direct calcium into bone tissue and away from blood vessel walls, supporting both bone density and long-term arterial health.

Vitamin B1 (Thiamine) — Thiamine was the very first B vitamin discovered, and it remains foundational for turning carbohydrates into usable energy. It supports a healthy nervous system, helps maintain normal gut motility, and contributes to the body's antioxidant defenses by supporting glutathione production and keeping energy pathways running smoothly.

Vitamin B2 (Riboflavin) — Riboflavin powers the enzymes your body uses to recycle glutathione — one of its most important internal antioxidants. It also supports iron metabolism to help keep red blood cell counts healthy, and it plays a central role in the energy-producing pathways that active people rely on every day.

Vitamin B3 (Niacin) — Niacin is the building block for NAD⁺, a coenzyme your cells need to generate energy and defend themselves against oxidative stress. It helps regenerate glutathione, supports healthy cholesterol balance at higher intakes, and contributes to the steady cellular energy production that keeps you feeling alert throughout the day.

Vitamin B6 — Vitamin B6 is a workhorse nutrient involved in over 100 enzymatic reactions, including the production of mood-supporting neurotransmitters like serotonin, dopamine, and GABA. It supports a healthy stress response, helps the body make hemoglobin for red blood cells, and has been studied for its role in promoting a calm, balanced mood.

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