



NATURE'S SUNSHINE

Energ-V Capsules

Kosher

Halal

Non-GMO

GOOD FOR

Adrenals

Endocrine System

Nervous System

SIZE **100 Capsules**

ITEM # **875**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Energ-V brings together nine time-honored botanicals and natural foods to help your body handle stress, stay energized, and keep your systems running smoothly. Each ingredient was chosen because it brings something real to the table — from supporting your heart and blood sugar to defending your cells and lifting your stamina.

Eleuthero — Often called Siberian Ginseng, eleuthero has been used for centuries in Russian and Chinese traditions to fight fatigue and sharpen endurance. Research shows it helps the body manage stress hormones, supports steady energy, and may help keep blood sugar levels in a healthier range — making it a true cornerstone of this formula.

Schisandrins — Drawn from the Schisandra berry — a staple of Traditional Chinese Medicine — schisandrins work alongside eleuthero to help the body cope with mental and physical stress. A clinical trial found they can increase muscle strength and lower resting lactate, meaning your body recovers more efficiently after exertion.

Bee Pollen — A natural mix of flower pollen, nectar, and bee-derived compounds, bee pollen is loaded with polyphenols and flavonoids that act as powerful free-radical fighters. Studies also suggest it supports healthy arteries, helps the body manage blood pressure, and may assist with keeping blood sugar balanced after meals.

Gotu Kola — Revered in Ayurvedic tradition as a calming tonic, gotu kola has real clinical backing for easing everyday anxiety — a double-blind trial showed it measurably reduced the body's stress response. Its antioxidant compounds also help protect cells, and it has been studied for wound healing and skin support.

Licorice Root — Far more than a flavoring, licorice root has a long history as a digestive soother and adrenal supporter. Its active compounds help extend the availability of the body's own cortisol during stressful periods, and clinical studies confirm it can ease abdominal discomfort, heartburn, and acid reflux when taken in standardized form.

Rose Hips — The fruit of the rose plant is one of nature's richest sources of vitamin C, plus carotenoids, polyphenols, and flavonoids that give it exceptional antioxidant power. Clinical trials show rose hip powder supports joint comfort and has been linked to modest, meaningful reductions in blood pressure in overweight adults.

Yellow Root — A native North American shrub with deep roots in traditional herbal practice, yellow root contains berberine — a compound with some of the strongest clinical evidence among plant alkaloids for supporting healthy blood sugar. Multiple reviews of human trials confirm berberine can reduce fasting glucose and HbA1c, and it also shows meaningful anti-inflammatory activity.

Barley — Whole barley — especially barley grass and sprouts — delivers a broad spectrum of antioxidants including vitamin-like compounds and plant enzymes that help reduce oxidative stress. Its soluble fiber, beta-glucan, has been shown in multiple human trials to promote feelings of fullness, support healthy blood pressure, and benefit cardiovascular health.

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