



NATURE'S SUNSHINE

Cellular Energy

Organic

Non-GMO

GOOD FOR

Cardiovascular system

Muscles

Nervous System

SIZE **60 Capsules**

ITEM # **1879**

SERVING **1**

SUPPLY **30-60 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Cellular Energy brings together a carefully chosen lineup of vitamins, minerals, and natural compounds that work together to help your body make and use energy at the cellular level. From supporting the tiny power plants inside your cells to helping protect them from everyday wear and tear, this formula is designed to keep you feeling your best.

CoQ10 (Coenzyme Q10) — Think of CoQ10 as the spark plug inside your cells. It sits right at the heart of the process your mitochondria use to generate energy, and it also acts as a powerful protector against the oxidative stress that builds up during that process. Research shows it supports antioxidant defenses and healthy cardiovascular function.

L-Carnitine — L-carnitine acts like a shuttle service for your cells — it helps carry fatty acids into the mitochondria so they can be burned for fuel. Your body relies on this process every day, especially during physical activity. Studies also show it supports healthy antioxidant levels and helps protect cells from oxidative damage.

Alpha-Lipoic Acid (ALA) — Alpha-lipoic acid is a unique antioxidant that works in both water- and fat-based environments inside the body, giving it unusually broad reach. It helps recharge other antioxidants, supports healthy circulation, and plays a supporting role in how your cells process and use energy. It is naturally present in every cell.

Alpha-Ketoglutarate (AKG) — AKG is a natural compound found in every living cell and a key player in the cycle your body uses to produce energy. It also acts as an antioxidant in its own right, helping to neutralize harmful free radicals and support the health of tissues like bone and connective tissue. Research highlights its broad cellular benefits.

Vitamin B5 (Pantothenic Acid) — Vitamin B5 is the raw material your body uses to make Coenzyme A, a molecule that is absolutely essential for turning the food you eat into usable energy. Without it, the entire process of cellular energy metabolism cannot move forward. It also supports adrenal health and helps the body handle the demands of everyday stress.

Vitamin B3 (Niacin) — Niacin is the building block for NAD+, a coenzyme your cells need to generate energy and keep their antioxidant defenses running. Every cell in your body depends on NAD+ to function properly. Niacin also supports healthy cholesterol balance and helps maintain good circulation, making it a true all-rounder in this formula.

Vitamin B1 (Thiamine) — Thiamine was the very first B vitamin to be discovered, and for good reason — it is essential for converting carbohydrates into energy your body can actually use. It also supports a healthy nervous system, helps maintain a calm mood, and plays a role in keeping the digestive system running smoothly. Deficiency can quickly affect energy and focus.

Vitamin B2 (Riboflavin) — Riboflavin powers the energy-producing pathways your body relies on during both rest and activity. It also helps regenerate glutathione, one of the body's most important internal antioxidants, keeping your cellular defenses topped up. Adequate riboflavin is especially important for people who are physically active, as exercise can increase the body's demand for it.

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