



NATURE'S SUNSHINE

Super Trio

GOOD FOR

Cardiovascular system

Immune System

Eyes

SIZE **60 packets**

ITEM # **222**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Each day take the contents of two packets; take one packet in the morning with breakfast, and one packet in the evening with a meal.

— How the Key Ingredients Work

Super Trio brings together a broad spectrum of vitamins, minerals, whole-food concentrates, and amino acids chosen to support the way your body actually runs — from energy and immunity to healthy skin, bones, and a strong heart. Think of it as a full-day nutritional safety net, covering the gaps most diets leave behind.

Vitamin A — Helps keep your eyes, skin, and immune system in good shape. Your body uses it to maintain the surface linings that act as your first line of defense against everyday challenges, and it plays a supporting role in keeping your antioxidant defenses strong.

Vitamin C — One of the body's most important water-soluble protectors. It helps build and repair connective tissue, supports a healthy immune response, helps the body absorb iron from food, and works as a frontline antioxidant that mops up free radicals before they cause damage.

Vitamin D3 — Often called the sunshine vitamin, D3 is the form your skin naturally makes outdoors. It supports strong bones, a balanced immune system, and healthy muscle function — and research shows it may also play a role in supporting healthy testosterone levels and heart health in adults.

Vitamin E — Your body's main 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 wear and supports healthy circulation alongside vitamin C.

B-Vitamin Complex (B1, B2, B3, B5, B6, B9, B12, Biotin) — This full family of B vitamins keeps your energy-producing pathways humming. B1 feeds your nervous system and gut, B2 helps recycle your body's master antioxidant glutathione, B3 fuels cellular energy and supports healthy cholesterol, B5 is essential for adrenal hormone production, B6 helps make mood-supporting neurotransmitters, folate and B12 team up for healthy red blood cells and brain function, and biotin supports hair, skin, and fat metabolism.

Calcium — The most abundant mineral in your body, with over 99% stored in bones and teeth. Getting enough calcium throughout life helps maintain bone density and supports the nerve signals and muscle contractions that keep you moving every day.

Magnesium — Involved in hundreds of enzymatic reactions, magnesium helps your body produce energy, keeps muscles relaxed, supports restful sleep, and plays a calming role in the stress-response system. Many people don't get enough from diet alone, making it one of the most valuable minerals in a daily formula.

Zinc — A trace mineral that touches nearly every corner of your health — immune defense, skin clarity, hormone balance, and antioxidant enzyme activity. It's a key building block for the enzyme that neutralizes harmful free radicals in your cells and helps support healthy testosterone levels in men.

Selenium — A trace element that your body incorporates into special proteins called selenoproteins, which act as powerful antioxidant enzymes. Selenium helps neutralize harmful molecules, supports a balanced immune response, and is particularly important for thyroid health.

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