



NATURE'S SUNSHINE

AIVIA Plant Protein

Vegan

Non-GMO

Gluten Free

Keto Friendly

GOOD FOR

Musculoskeletal System

Muscles

Endocrine System

SIZE **Chocolate (15 servings)**

ITEM # **22713**

SERVING **2**

SUPPLY **15 days**

DIRECTIONS FOR USE Mix 2 scoops (40 g) of powder into 9 ounces of water or beverage of choice.

— How the Key Ingredients Work

AIVIA Plant Protein goes beyond a simple protein shake — it pairs clean plant-based protein with a carefully chosen blend of vitamins and minerals that work together to help your body feel energized, balanced, and strong. Every ingredient earns its place by supporting the systems you rely on every single day.

Vitamin D — Often called the sunshine vitamin, vitamin D is something millions of people simply don't get enough of. It helps your immune system stay balanced, supports healthy skin, and works hand-in-hand with calcium to keep your bones strong. Getting enough can make a real difference in how you feel day to day.

Calcium — Calcium is the main mineral your bones and teeth are built from — more than 99% of the calcium in your body lives in your skeleton. It also plays a quiet but important role in muscle movement and nerve signaling. Pairing it with vitamin D helps your body actually absorb and use it properly.

Iron — Iron is what helps your red blood cells carry oxygen from your lungs to every corner of your body. Without enough, you can feel tired, foggy, and run down. It also supports healthy energy levels during exercise and helps your brain produce the feel-good chemicals it depends on to stay focused.

Magnesium — Magnesium is involved in hundreds of processes your body runs every day — from turning food into energy to keeping your muscles relaxed and your nerves calm. It supports healthy stress responses, helps ease tension, and plays a role in keeping your heart and arteries working smoothly. Many people don't get enough from food alone.

Potassium — Potassium is the mineral that helps keep your heart rhythm steady, your muscles contracting properly, and your blood pressure in a healthy range. It also helps balance the effects of sodium in your diet. Research shows that people who get enough potassium tend to have better arterial health and healthier blood sugar responses over time.

Vitamin B12 — Vitamin B12 is essential for making healthy red blood cells and keeping your nervous system in good shape. It supports the production of the myelin that wraps and protects your nerves, and low levels have been linked to fatigue, mood changes, and brain fog. It's especially important for anyone eating a mostly plant-based diet.

Vitamin B6 — Vitamin B6 is a workhorse nutrient that helps your body make serotonin, dopamine, and GABA — the brain chemicals that influence your mood, focus, and sense of calm. It also supports your body's response to everyday stress and helps with the normal formation of red blood cells. A steady supply keeps your mind and mood on an even keel.

Vitamin B9 (Folate) — Folate helps your body build and repair DNA, which is especially important for cells that turn over quickly — like red blood cells. It also helps clear homocysteine, a compound that can build up and put stress on your arteries and brain when levels run too high. Good folate status is linked to better mood, clearer thinking, and healthy blood pressure.

 (888) 510-7196  service@caringsunshine.com

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