



NATURE'S SUNSHINE

AIVIA Clean Energy

Vegan

Non-GMO

Gluten Free

GOOD FOR

Nervous System

Brain

Adrenals

SIZE **30 packets**

ITEM # **22986**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Mix 1 stick pack (5.5 g) in 8-10 ounces of water or beverage of choice.

— How the Key Ingredients Work

AIVIA Clean Energy brings together a carefully chosen blend of B vitamins, plant extracts, and essential minerals that work together to help your body make and use energy more efficiently. Instead of a quick spike and crash, these ingredients support your natural energy systems from the inside out — keeping you feeling clear, focused, and balanced throughout the day.

Vitamin B3 (Niacinamide) — Think of niacinamide as your cells' fuel converter. It helps your body build NAD⁺, a molecule your cells absolutely need to turn the food you eat into usable energy. It does this without the flushing or tingling that some other forms of B3 can cause, making it a smooth, well-tolerated energy ally.

Vitamin B5 (Pantothenic Acid) — Vitamin B5 is the starting point for a key helper molecule your body uses to unlock energy from carbohydrates, fats, and proteins. It also plays a role in supporting your adrenal glands during times of stress, making it especially valuable when life feels demanding and your energy reserves are running low.

Vitamin B1 (Thiamine) — Thiamine is one of the first nutrients your body calls on when it needs to convert carbohydrates into energy. It also helps keep your nervous system running smoothly, supports a healthy mood, and has been studied for its role in reducing feelings of anxiety — a quiet but essential member of any energy-support formula.

Vitamin B2 (Riboflavin) — Riboflavin works behind the scenes to keep your body's energy-producing pathways humming along. It also helps your body maintain its natural antioxidant defenses by supporting the recycling of glutathione, one of your body's most important protective compounds. Active individuals may have higher needs for this vitamin.

Vitamin B6 (Pyridoxine) — Vitamin B6 helps your body produce key brain chemicals — including serotonin, dopamine, and GABA — that influence your mood, focus, and sense of calm. Research including a double-blind clinical trial has shown that higher B6 intake is linked to lower feelings of anxiety, making it a meaningful addition to a clean energy blend.

Vitamin B12 (Cobalamin) — Vitamin B12 is essential for healthy red blood cells, which carry oxygen to every part of your body — including your brain and muscles. Low B12 is one of the most common reasons people feel persistently tired or mentally foggy. It also supports your nervous system and helps keep homocysteine levels in a healthy range.

Green Tea — Green tea brings a gentle, natural lift thanks to its combination of antioxidant compounds and L-theanine, an amino acid that promotes a calm, focused state of alertness. Multiple clinical trials support its role in reducing anxiety and supporting antioxidant defenses. It also helps with appetite balance, making it a well-rounded plant-based energizer.

Coffee Fruit — Coffee fruit — the whole berry that surrounds the coffee bean — is packed with polyphenols called chlorogenic acids. Clinical studies show it can help reduce mental fatigue, sharpen reaction time, and support clearer thinking, especially during cognitively demanding tasks. It also contributes meaningful antioxidant activity to help protect your cells from everyday stress.

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