



NATURE'S SUNSHINE

AIVIA Recover EXT

GOOD FOR

Musculoskeletal System

Muscles

Joints

SIZE **4 fl oz**

ITEM # **23144**

SERVING **As needed**

DIRECTIONS FOR USE **Massage into areas 3-4 times per day or as needed.**

— How the Key Ingredients Work

AIVIA Recover EXT brings together a carefully chosen blend of botanical extracts, plant oils, and wellness nutrients that work together to soothe discomfort, support your body's natural recovery process, and help you feel your best every day. Each ingredient was selected for its time-tested tradition and research-backed role in keeping joints, skin, digestion, and overall vitality on track.

MSM (Methylsulfonylmethane) — A naturally occurring sulfur compound found in plants and the human body, MSM helps provide the building blocks your joints and connective tissue need to stay strong and flexible. Clinical studies show it can ease joint discomfort and improve mobility, making it a cornerstone ingredient for anyone who wants to keep moving comfortably.

Arnica — Harvested from mountain wildflowers, arnica has been trusted for centuries to soothe sore muscles and achy joints. Research including randomized clinical trials shows topical arnica can ease pain and swelling in conditions like osteoarthritis and general musculoskeletal discomfort — comparable in some studies to common OTC options.

Wintergreen — Wintergreen's key active component, methyl salicylate, is FDA-recognized as a topical pain reliever for backaches and sore muscles. A large real-world study involving thousands of participants found it meaningfully reduced soft-tissue pain. It also brings a refreshing, familiar cooling sensation that signals relief the moment it's applied.

Camphor Oil — Derived from the camphor tree, this classic ingredient has been used in topical pain formulas for generations. Research supports its ability to ease lower back pain and joint inflammation when applied to the skin. It works by interacting with sensory nerve receptors to deliver a soothing, warming sensation that helps take the edge off everyday aches.

Peppermint — Peppermint's natural menthol delivers an immediate cooling sensation on the skin while also supporting digestive comfort from within. A meta-analysis of 12 clinical trials found peppermint oil significantly improved abdominal discomfort. It also contains powerful plant antioxidants and has been shown in clinical settings to help ease feelings of anxiety and tension.

Aloe Vera — One of nature's most versatile plants, aloe vera has been used for thousands of years to calm irritated skin, support digestion, and promote healing. Clinical research shows it can help with digestive discomfort, acid reflux symptoms, and skin concerns like acne and wound recovery — all with a gentle, well-tolerated profile.

Immortelle — Known as the 'everlasting flower,' immortelle (*Helichrysum italicum*) is prized in Mediterranean herbal tradition for its ability to calm inflammation and protect cells from oxidative stress. A human study confirmed it reduced markers of oxidative inflammation after regular use, and it has also been shown to soothe skin irritation and support digestive comfort.

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