



NATURE'S SUNSHINE

AIVIA Recover INT

Organic

Non-GMO

GOOD FOR

Musculoskeletal System

Joints

Muscles

SIZE **60 vegcaps**

ITEM # **23146**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 vegcaps after activity or before your next feat.

— How the Key Ingredients Work

AIVIA Recover INT brings together three time-honored botanicals — Indian Frankincense, Tart Cherry, and Turmeric — each chosen for the way they help your body manage everyday discomfort, bounce back faster, and keep you feeling your best. Together they form a well-rounded recovery formula that works with your body's own natural processes.

Indian Frankincense (*Boswellia serrata*) — Harvested from trees growing in the dry mountains of India, Boswellia resin has one of the strongest natural track records for joint comfort of any herbal ingredient. Multiple clinical studies show it can meaningfully reduce joint pain and stiffness while helping you move more freely — with benefits that can last well beyond the last dose.

Tart Cherry (*Prunus cerasus*) — Tart cherries are packed with deep-red pigments called anthocyanins that act as powerful antioxidants in the body. Research in trained athletes shows tart cherry concentrate can support endurance and help the body recover after exercise, while also helping to keep everyday oxidative stress in check.

Turmeric (*Curcuma longa*) — The golden spice of Ayurvedic tradition, turmeric contains curcumin — a well-studied natural compound shown in multiple human trials to raise the body's own antioxidant defenses. It has also been researched for its role in supporting digestive comfort and overall gut wellness, making it a true whole-body ingredient.

Indian Frankincense — Joint Comfort Focus — Clinical trials and a meta-analysis covering hundreds of participants confirm that Boswellia serrata can significantly reduce pain and stiffness in the knees and other joints. It's considered the gold standard among herbal options for people who want to stay active and keep their joints feeling supported day after day.

Tart Cherry — Exercise Recovery — A review of ten clinical trials found that tart cherry concentrate helped athletes perform better and recover more quickly. Whether you're hitting the gym, going for a run, or just staying active in daily life, tart cherry helps your muscles and body bounce back so you can keep doing what you love.

Turmeric — Digestive Ease — Turmeric has a long history of use for digestive wellness, and modern research backs it up. A clinical trial comparing curcumin to a common stomach-comfort medication found similar improvements in digestive discomfort and heartburn symptoms, suggesting turmeric is a gentle, natural option for everyday gut support.

Indian Frankincense — Whole-Body Comfort — Beyond joints, Boswellia has been studied for its broader role in supporting the body's natural comfort responses. A controlled clinical trial in people with breathing difficulties found that a Boswellia preparation helped 70% of participants experience meaningful improvement — highlighting how wide-reaching this botanical's benefits can be.

Tart Cherry — Antioxidant Shield — Free radicals are unstable molecules that build up in the body through exercise, stress, and everyday living. Tart cherry helps neutralize them by activating the body's own built-in antioxidant pathways. Human studies show it can reduce markers of oxidative stress and even support the body's ability to repair everyday cellular wear and tear.

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