



NATURE'S SUNSHINE

Brain Edge

Vegan

Organic

Non-GMO

Gluten Free

Keto Friendly

GOOD FOR

Brain

Nervous System

Cardiovascular system

SIZE **24 stick packs**

ITEM # **23991**

SERVING **1**

SUPPLY **12-24 days**

DIRECTIONS FOR USE Mix the contents of 1 stick pack with 12-16 oz. of water. Its light, refreshing taste goes down easily cold or hot. For best results, consume it quickly. Do not exceed 2 servings in a 24-hour period. Carefully monitor your total caffeine intake.

— How the Key Ingredients Work

Brain Edge brings together a carefully chosen lineup of nutrients, botanicals, and natural energizers that work together to feed your mind, steady your energy, and help your body handle the demands of a busy day. Every ingredient earns its place by supporting the mental and physical systems that keep you performing at your best.

L-Tyrosine — Your brain makes its key motivating and alerting messengers — dopamine and norepinephrine — from this amino acid. Research shows it helps maintain sharp thinking, working memory, and mental stamina when you're under stress, running low on sleep, or pushing through a demanding day.

Choline — Choline is the direct building block for acetylcholine, the messenger your brain relies on most for memory and focused attention. Studies link higher choline intake to better cognitive performance, and research shows it supports attentional circuits — making it a cornerstone of any serious brain formula.

Rhodiola — Known as an adaptogen, this Arctic root has been studied in clinical trials for stress-related fatigue and burnout. It helps the body manage its stress response, supports a calmer cortisol pattern, and has shown real anti-fatigue effects — so you feel more resilient and less worn down by daily pressure.

Ginkgo Biloba — One of the most researched botanicals for the mind, ginkgo's flavonoids and terpenes support healthy blood flow to the brain, help protect cells from oxidative wear, and have shown anxiety-reducing effects in clinical studies. It's been used for centuries and backed by modern standardized-extract research.

Gotu Kola — Long prized in Ayurvedic tradition as a brain tonic, gotu kola has clinical trial evidence showing it can reduce the body's anxious startle response — a validated marker of calm. It also activates the body's own antioxidant defenses, adding a layer of protection for brain and nerve cells.

Taurine — This naturally occurring amino acid is found throughout the body and plays a quiet but important role in the brain. It supports calming nerve signals, acts as a meaningful antioxidant, and research shows it can improve endurance performance — making it useful for both mental steadiness and physical output.

Yerba Mate — A South American staple brewed for centuries, yerba mate delivers a smooth, polyphenol-rich energy lift. Human trials show it boosts fat burning during exercise, supports healthy blood pressure, and provides one of the richest antioxidant profiles of any plant — all without the harsh crash of synthetic stimulants.

Beet — Beet is packed with natural nitrates that the body converts into nitric oxide, a compound that helps blood vessels relax and widen. Clinical studies confirm this improves oxygen delivery, supports endurance, and can meaningfully lower blood pressure — giving your brain and muscles more of what they need to perform.

ATP (Adenosine Triphosphate) — ATP is literally the energy currency every cell in your body uses to get things done. Oral ATP supplementation has been tested in multiple controlled trials, showing it helps maintain muscle excitability during repeated efforts, supports strength and power, and helps the body recover faster after exertion.

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