



NATURE'S SUNSHINE

Power Balance To Go Packs

Non-GMO

Gluten Free

Keto Friendly

No Sugar

GOOD FOR

Endocrine System

Digestive System

Cardiovascular system

SIZE 24 packets

ITEM # 23995

SERVING 1 Packet

SUPPLY 24 days

DIRECTIONS FOR USE Add the contents of one To-Go pack (8 g) to 4-6 oz. water. Mix well and drink.

— How the Key Ingredients Work

Power Balance To Go Packs bring together a thoughtfully chosen blend of whole-food ingredients — from vibrant berries to fiber-rich fruits — each chosen to help your body manage blood sugar, support a healthy weight, and keep your heart and digestion running smoothly. Together they work as a team, offering everyday nourishment in one convenient pack.

Baobab — Blood Sugar Balance — Baobab fruit powder has been shown in human studies to help reduce the spike in blood sugar that can follow a carbohydrate-rich meal. Adding it to your routine may help keep those post-meal glucose levels steadier, making it a smart companion for anyone watching their blood sugar day to day.

Baobab — Appetite & Satiety — In a small clinical crossover trial, a drink containing baobab extract left participants feeling noticeably less hungry than a matched placebo drink. Its naturally high fiber content helps you feel fuller, which can make it easier to manage portions and curb between-meal cravings.

Apple — Appetite Control — The fiber found in apples — especially pectin — has been shown in human studies to promote a feeling of fullness and reduce how much people eat afterward. The combination of water content and fiber also slows the stomach from emptying too quickly, helping you feel satisfied longer after eating.

Apple — Antioxidant Defense — Apples are packed with naturally occurring plant compounds including quercetin, catechins, and chlorogenic acid. Human studies confirm that eating apples raises the body's overall antioxidant capacity, helping to neutralize everyday oxidative stress and support long-term cellular wellness.

Blueberry — Blood Sugar Balance — Multiple clinical trials and reviews show that blueberry consumption can help lower fasting blood glucose and support healthier blood sugar levels over time, particularly in people with diabetes or prediabetes. The anthocyanins in blueberries appear to play a key role in supporting healthy glucose metabolism.

Blueberry — Blood Pressure — Evidence from multiple clinical trials supports meaningful reductions in blood pressure with regular blueberry intake, especially in people with elevated cardiometabolic risk. Blueberry anthocyanins help support healthy blood vessel function, which is an important part of keeping blood pressure in a comfortable range.

Grape — Blood Pressure — Grape seed extract has been studied extensively for its effect on blood pressure. A meta-analysis of 16 clinical trials found it produced significant reductions in both the top and bottom blood pressure numbers. These benefits are linked to the powerful proanthocyanidins naturally found in grape seeds.

Grape — Arterial Health — The polyphenols in grapes — including resveratrol and proanthocyanidins — have been shown in studies to support healthy blood vessel function, reduce the oxidation of LDL cholesterol, and improve overall circulation. These effects make grape a valuable ingredient for everyday cardiovascular wellness support.

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