



NATURE'S SUNSHINE

Love and Peas (Sugar Free) NEW!

Vegan

Gluten Free

Keto Friendly

No Sugar

GOOD FOR

Digestive System

Muscles

Brain

SIZE **15 servings**

ITEM # **24047**

SERVING **2 scoops**

SUPPLY **15 days**
DIRECTIONS FOR USE Mix 2 scoops (35 g) powder with 12-16 ounces cold water or other liquid. Mix to taste.

— How the Key Ingredients Work

Love and Peas (Sugar Free) brings together a carefully chosen blend of plant proteins, vitamins, minerals, and whole-food ingredients to help fuel your muscles, support your metabolism, and keep your gut and brain feeling their best. Every ingredient earns its place — working together to help you feel energized, focused, and satisfied.

Pea Protein — Muscle & Strength — Pea protein delivers the building blocks your muscles need. In a 12-week clinical study, it supported a 16% improvement in whole-body muscle strength — results comparable to whey. It also triggers satiety hormones that help you feel full longer, making it a smart choice for healthy weight goals.

Pea Protein — Appetite Support — Pea protein stimulates the release of hunger-regulating hormones — including GLP-1, CCK, and PYY — helping curb appetite and reduce how much you eat at your next meal. Human trials show these effects lasting up to two hours after consumption.

MCT Oil — Energy & Brain Fuel — Medium-chain triglycerides are rapidly absorbed and converted into quick-burning fuel your body and brain can use right away. Research shows MCTs may support mental clarity and help maintain steadier energy levels, making them a popular addition to performance and focus formulas.

MCT Oil — Healthy Weight — A review of 17 studies found MCT supplementation significantly reduced calorie intake compared to other fats. MCTs are metabolized differently from long-chain fats, supporting energy use rather than storage — a helpful edge when you're working toward a healthy weight.

Beta-Glucan — Gut & Satiety — This soluble fiber from oats forms a gentle gel in your digestive tract, slowing digestion and keeping you feeling fuller longer. Beta-glucan also feeds beneficial gut bacteria and has earned formal recognition from both the FDA and EFSA for supporting healthy cholesterol levels.

FOS (Fructooligosaccharides) — Gut Microbiome — FOS acts as a prebiotic — food for the friendly bacteria living in your gut. It helps stimulate the release of satiety hormones GLP-1 and PYY, supports healthy blood sugar balance, and may even help improve calcium absorption, all by nourishing your microbiome from the inside out.

B Vitamin Complex — Energy & Metabolism — This formula includes the full family of B vitamins — B1, B2, B3, B5, B6, B7, B9, and B12 — each playing a distinct role in turning the food you eat into usable energy. Together they support a healthy metabolism, help fight fatigue, and keep your nervous system running smoothly.

B Vitamins — Focus & Brain Health — Several B vitamins in this blend — including B6, B9 (folate), and B12 — are directly involved in producing the brain chemicals that support mood, memory, and concentration. Folate and B12 also help clear homocysteine, a compound linked to mental sluggishness when it builds up.

Vitamin D — Muscle & Immunity — Often called the sunshine vitamin, vitamin D is a fat-soluble nutrient that supports muscle function, immune balance, and overall vitality. It's recognized as a prohormone — meaning it plays a broader role in the body than a typical vitamin — and many people don't get enough from sunlight alone.

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