



NATURE'S SUNSHINE

Love and Peas

Vegan

GOOD FOR

Musculoskeletal System

Urinary System

Digestive System

SIZE **675 g**

ITEM # **3082**

SERVING **2 scoops**

SUPPLY **15 days**

DIRECTIONS FOR USE Mix 2 level scoops (48 g) of Love and Peas powder with approximately 12–16 ounces of cold water, or mix to taste.

— How the Key Ingredients Work

Love and Peas brings together a thoughtfully chosen blend of plant-based proteins, whole-food ingredients, vitamins, and minerals to support your energy, immunity, and overall wellness. Every ingredient is here for a reason — working together to nourish your body from the inside out.

Pea Protein — A clean, plant-based protein that supports muscle strength and helps you feel fuller for longer. Studies show pea protein can support muscle gains comparable to whey, and it naturally triggers satiety hormones that help curb hunger between meals — making it a smart foundation for any wellness routine.

Vitamin D — Often called the sunshine vitamin, vitamin D plays a key role in immune balance and overall wellbeing. Many people don't get enough from sunlight alone, and research links healthy vitamin D levels to better immune function, mood support, and the kind of whole-body resilience that helps you feel like yourself day after day.

Calcium — Your body stores more than 99% of its calcium in your bones and teeth, making it the cornerstone mineral for a strong skeleton. Paired with vitamin D, calcium helps maintain bone mineral density at every stage of life — from building peak bone mass in younger years to protecting bone strength as you age.

Iron — Iron is what helps your red blood cells carry oxygen to every corner of your body. Without enough of it, energy and stamina can take a real hit. This formula includes iron to support healthy oxygen transport, everyday vitality, and normal red blood cell formation — especially important for women and active individuals.

Vitamin C — Beyond its well-known immune-supporting role, vitamin C is a workhorse nutrient that helps your body absorb iron more effectively, supports collagen production for healthy skin and connective tissue, and acts as a powerful antioxidant. It also plays a documented role in supporting the adrenal glands during times of stress.

B-Vitamin Complex (B1, B2, B3, B5, B6, B9, B12) — This formula delivers a full spectrum of B vitamins — each one playing a distinct role in keeping your energy, mood, and nervous system running smoothly. Together they support the conversion of food into usable energy, help your body make neurotransmitters like serotonin and dopamine, support healthy red blood cell formation, and help keep homocysteine levels in a healthy range for heart and brain wellness.

Biotin (Vitamin B7) — Biotin is the B vitamin best known for supporting healthy hair and skin, but its real job runs much deeper. It acts as an essential helper for the enzymes your body uses to convert fats, carbohydrates, and proteins into energy. EFSA recognizes biotin's contribution to normal energy-yielding metabolism, making it a key player in everyday vitality.

Vitamin A — Vitamin A supports healthy vision, immune function, and skin integrity. It also plays a role in antioxidant defense by helping protect cell membranes from oxidative damage. The body can convert plant-based carotenoids — like those found in carrots — into active vitamin A, making whole-food sources a gentle and balanced way to meet your needs.

 (888) 510-7196  service@caringsunshine.com

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