



NATURE'S SUNSHINE

Nutri-Calm

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Nervous System

Brain

Immune System

SIZE **60 tablets**

ITEM # **4803**

SERVING **1**

SUPPLY **20 days**

DIRECTIONS FOR USE Take one tablet with a meal three times daily.

— How the Key Ingredients Work

Nutri-Calm brings together a thoughtfully chosen blend of B vitamins, vitamin C, calming botanicals, and supportive nutrients that work together to help your body handle everyday stress, keep your mind clear, and maintain steady, balanced energy. Think of it as daily nourishment for your nerves, your mood, and your overall sense of well-being.

Vitamin C — Your adrenal glands — the little organs that manage your stress response — hold more vitamin C than almost any other tissue in the body, and they burn through it fast when life gets hectic. This formula replenishes that supply, while also supporting your immune system and helping your body absorb iron from food.

Vitamin B1 (Thiamine) — Think of B1 as the spark plug for your nervous system. It helps your body convert food into usable energy and keeps the nerves that run through your gut and brain firing properly. Research shows it may also help ease feelings of anxiety and support a calmer, more balanced mood day to day.

Vitamin B2 (Riboflavin) — B2 quietly keeps your body's antioxidant defenses running smoothly by helping regenerate glutathione — one of your body's most important protective compounds. It also plays a key role in the energy-producing pathways that fuel everything you do, making it an essential partner for an active, healthy lifestyle.

Vitamin B3 (Niacin) — Niacin helps your cells build and maintain NAD+, a compound they rely on to generate energy and defend against everyday oxidative wear and tear. Animal research also suggests niacinamide — one of niacin's forms — may have a gentle calming effect, making it a natural fit in a stress-support formula.

Vitamin B6 (Pyridoxine) — B6 is involved in making serotonin, dopamine, and GABA — the brain chemicals that help you feel calm, focused, and emotionally steady. A double-blind clinical trial found that higher-dose B6 meaningfully reduced self-reported anxiety in young adults, and it also supports your adrenal glands during times of prolonged stress.

Vitamin B9 (Folate) — Folate keeps the brain's chemistry running cleanly by supporting the production of key mood-related compounds and helping clear homocysteine — a byproduct that, when it builds up, can cloud thinking and dampen mental sharpness. Healthy folate levels are linked to better cognitive clarity and a more resilient nervous system overall.

Vitamin B12 — B12 is essential for keeping your nerves healthy and your mind sharp. Low levels are clinically linked to neuropsychiatric symptoms including anxiety and brain fog. It works hand in hand with folate to support the one-carbon metabolism your body uses to produce neurotransmitters and maintain the protective coating around nerve fibers.

Vitamin B7 (Biotin) — Biotin acts as a helper molecule for several key enzymes involved in turning fats, carbohydrates, and proteins into energy your cells can actually use. The European Food Safety Authority recognizes biotin's role in normal energy-yielding metabolism, and it also supports healthy hair and skin — a nice bonus for everyday wellness.

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