



NATURE'S SUNSHINE

Nervous System (30 Day Program)

GOOD FOR

Nervous System

Brain

Adrenals

SIZE **60 packets**

ITEM # **5384**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take the contents of one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.

— How the Key Ingredients Work

This 30-day program brings together a carefully chosen blend of B vitamins, adaptogenic herbs, and calming botanicals that work together to nourish your nervous system, support a healthy stress response, and help you feel more balanced every day.

Vitamin B1 (Thiamine) — Often called the "anti-stress" vitamin, B1 plays a key role in keeping your nervous system running smoothly. It supports healthy energy production in nerve cells and has been studied for its ability to help ease feelings of anxiety and tension, especially during times of high demand on the body.

Vitamin B6 (Pyridoxine) — B6 is essential for making the feel-good brain chemicals your body relies on — including serotonin, dopamine, and GABA. A double-blind clinical trial found that higher-dose B6 helped reduce self-reported anxiety in young adults, making it a cornerstone of nervous system support.

Vitamin B12 (Cobalamin) — Your nerves are wrapped in a protective coating called myelin, and B12 helps keep that coating intact. Low B12 has been linked to neurological symptoms and mood changes. Studies show it supports healthy nerve repair and has even been tested directly for peripheral nerve recovery.

Vitamin B9 (Folate) — Folate supports the brain's ability to produce neurotransmitters and maintain healthy myelin. It also helps clear homocysteine — a compound that, when elevated, can contribute to brain fog and cognitive sluggishness. Research links good folate status to sharper mental clarity and better mood.

Vitamin B3 (Niacin) — Niacin is the building block for NAD⁺, a coenzyme your brain and nerve cells need to generate energy and defend against oxidative stress. Animal research has also suggested niacinamide may have mild calming properties, and it plays a role in supporting the antioxidant systems that protect nerve tissue.

Vitamin B5 (Pantothenic Acid) — B5 is the direct precursor to Coenzyme A, which your adrenal glands need to produce stress hormones like cortisol. Chronic stress can deplete B5 over time, making replenishment especially important. Functional medicine protocols consistently include B5 as a core part of adrenal and stress-recovery support.

Vitamin B2 (Riboflavin) — Riboflavin helps regenerate glutathione — one of your body's most important internal antioxidants — which helps protect nerve cells from everyday oxidative wear. It also supports the energy-producing pathways that keep your brain and nervous system fueled throughout the day.

Vitamin B7 (Biotin) — Biotin acts as a helper molecule for several key metabolic processes, including the pathways that convert food into usable energy. The European Food Safety Authority recognizes biotin's contribution to normal energy-yielding metabolism, and adequate levels help keep the nervous system's energy supply steady.

Vitamin C — The adrenal glands hold more vitamin C than almost any other organ in the body, and they release it rapidly during stress. Vitamin C is involved in producing both cortisol and the calming and alerting brain chemicals your nervous system depends on, making it an important daily replenishment nutrient.

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