



NATURE'S SUNSHINE

Solstic Revive

GOOD FOR

Musculoskeletal System

Muscles

Joints

SIZE **30 packets**

ITEM # **6507**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Mix the contents of one Solstic Revive packet into 14-16 oz. of cold water.

— How the Key Ingredients Work

Solstic Revive brings together vitamins, minerals, botanicals, and probiotics chosen to work in harmony — helping your body stay energized, defend itself, and feel its best from the inside out. Each ingredient plays a specific role, so the whole formula adds up to more than the sum of its parts.

Vitamin C — One of nature's most versatile nutrients, vitamin C helps your immune system stay sharp, supports your body in building and repairing connective tissue, and makes it easier to absorb iron from food. It also acts as a powerful antioxidant, helping to neutralize the everyday cellular wear and tear that comes from stress and a busy life.

Vitamin E — A fat-soluble antioxidant that works inside cell membranes, vitamin E helps protect your cells from oxidative damage. Research shows it supports healthy red blood cell integrity and arterial wall health, and when paired with vitamin C it has been shown in clinical studies to support healthy blood flow and flexibility in blood vessels.

Echinacea Purpurea — Purple coneflower has been used for centuries to support the body during times of seasonal challenge. Multiple clinical trials and reviews confirm that echinacea purpurea can help reduce the duration and severity of respiratory infections. It also carries natural antioxidant compounds that help the body manage everyday oxidative stress.

Vitamin B6 — This water-soluble B vitamin is involved in making the feel-good brain chemicals your body relies on — including serotonin, dopamine, and GABA. It helps support a calm, balanced mood, a healthy stress response, and normal energy metabolism. A double-blind clinical trial found that higher B6 intake was linked to reduced feelings of anxiety in young adults.

Vitamin B12 — B12 is essential for healthy red blood cell formation, nerve function, and the production of DNA. It helps keep energy levels steady and supports the nervous system, including the protective coating around nerve fibers. Low B12 has been associated with fatigue, mood changes, and reduced bone mineral density in observational research.

Magnesium — Magnesium is involved in hundreds of processes in the body, from energy production to muscle relaxation to nerve signaling. It plays a role in keeping stress hormones in check, supporting a calm nervous system, and maintaining healthy blood vessel flexibility. Research shows it can modestly reduce feelings of anxiety, particularly in people whose levels are low.

Calcium — The body stores more than 99% of its calcium in bones and teeth, making it the cornerstone mineral for skeletal strength. Adequate calcium intake throughout life supports bone mineral density, and research shows it works especially well when paired with vitamin D. It also plays a role in normal muscle contractions and nerve communication.

Potassium — Potassium is a key electrolyte that helps your heart beat steadily, your muscles contract properly, and your fluid levels stay balanced. Higher potassium intake is associated with healthier blood pressure and more flexible arteries in large clinical studies. It also plays a supporting role in how the body handles blood sugar by influencing insulin release.

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