



NATURE'S SUNSHINE

Solstic Cardio

GOOD FOR

Cardiovascular system

Heart

Musculoskeletal System

SIZE **30 packets**

ITEM # **6520**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Empty the contents of one Solstic Cardio packet into 8–10 oz. of cold water, shake and enjoy. Take one packet daily.

— How the Key Ingredients Work

Solstic Cardio brings together a carefully chosen blend of amino acids, plant extracts, vitamins, and minerals — each one selected to support healthy circulation, strong vessel walls, and the kind of everyday energy that keeps you feeling your best.

L-Arginine — One of the most important building blocks for a healthy circulatory system, L-arginine helps the body produce nitric oxide — a natural compound that encourages blood vessels to relax and open up. Research shows it supports healthy blood flow and coronary vessel function, making it a cornerstone of any heart-focused formula.

Taurine — This naturally occurring amino acid has been shown in clinical research to support healthy blood pressure, improve how well artery walls function, and reduce arterial stiffness. Taurine also acts as a powerful antioxidant in the body, helping to neutralize harmful compounds before they can cause damage to tissues and vessels.

Vitamin D — Often called the sunshine vitamin, vitamin D is recognized as far more than a bone nutrient. It plays a broad role in keeping the immune system balanced and the body functioning well overall. Many people don't get enough from sunlight alone, making supplementation a smart daily habit for whole-body wellness.

Vitamin K — Vitamin K works hand in hand with calcium — helping to direct it toward the bones where it belongs and away from artery walls where it can cause problems. Research confirms that adequate vitamin K intake is linked to healthier, more flexible arteries and better overall cardiovascular structure and function.

Resveratrol — Found naturally in grapes and berries, resveratrol is a well-studied plant polyphenol that supports the body's antioxidant defenses and helps keep artery walls healthy. Clinical research shows it can improve how blood vessels dilate and reduce markers of oxidative stress, lending meaningful support to long-term cardiovascular wellness.

L-Glutamine — The most abundant amino acid in the body, L-glutamine serves as a key building block for glutathione — the body's master antioxidant. It also supports the integrity of the gut lining, which plays a surprisingly important role in overall inflammation levels and how well nutrients are absorbed and used throughout the body.

L-Leucine — As the most active of the branched-chain amino acids, leucine helps signal the body to build and maintain lean muscle tissue. It also supports healthy blood sugar levels by working with insulin after meals, and provides direct fuel for cellular energy production — keeping muscles and metabolism running smoothly day to day.

L-Isoleucine — Another key branched-chain amino acid, isoleucine is metabolized directly in muscle tissue to help produce energy during activity. Studies in healthy subjects show it can help moderate blood sugar levels after meals, and it works alongside leucine to support muscle recovery and sustained physical performance.

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