



NATURE'S SUNSHINE

Solstic Energy

GOOD FOR

Nervous System

Brain

Endocrine System

SIZE **30 packets**

ITEM # **6521**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Use product as a temporary source of energy. Mix the contents of one Solstic Energy packet into 14-16 oz. of cold water once daily.

— How the Key Ingredients Work

Solstic Energy brings together a full spectrum of B vitamins, plant botanicals, and a gentle prebiotic to help your body make and sustain its own energy — so you feel alert and balanced without the crash.

Vitamin B1 (Thiamine) — Think of B1 as the spark plug for your body's energy system. It helps your cells convert the food you eat into usable fuel, supports a healthy nervous system, and plays a role in keeping your gut comfortable and your mood on an even keel.

Vitamin B2 (Riboflavin) — B2 is a workhorse behind the scenes — it helps power the metabolic pathways your body relies on during activity and everyday life. It also helps keep your natural antioxidant defenses strong, supporting cells against everyday wear and tear.

Vitamin B3 (Niacin) — Niacin helps your body build NAD+, a compound every cell needs to produce energy and maintain its antioxidant balance. It supports healthy circulation and is one of the most important B vitamins for keeping your energy metabolism humming along all day.

Vitamin B5 (Pantothenic Acid) — B5 is the direct building block for Coenzyme A — a molecule your body absolutely must have to burn carbohydrates and fats for energy. It also supports your adrenal glands during times of stress, helping your body respond and recover more gracefully.

Vitamin B6 (Pyridoxine) — B6 helps your brain make feel-good messengers like serotonin, dopamine, and GABA — the chemicals that keep your mood steady and your mind focused. It also supports your body's stress response and helps maintain healthy energy levels throughout the day.

Vitamin B12 (Cobalamin) — B12 is famous for good reason — it's essential for healthy red blood cells, nerve function, and the kind of deep, sustained energy that keeps you going. Many people, especially those eating plant-based diets, don't get enough, making it a key ingredient in any energy formula.

Green Tea — Green tea brings natural, gentle caffeine alongside powerful plant antioxidants called catechins. Together they support mental alertness, help your body manage everyday oxidative stress, and may even help curb appetite — all without the jittery feeling of harsher stimulants.

Guarana — Guarana seeds from the Amazon naturally contain caffeine alongside other plant compounds that work together to support focus and reduce the feeling of effort during physical activity. Studies show guarana consumers also tend to have lower markers of oxidative stress, suggesting broader wellness benefits.

Ginseng — Used for thousands of years in traditional Asian medicine, ginseng is prized for its ability to help the body handle stress and fatigue. Modern research supports its role in supporting energy, mental clarity, and a healthy stress response — making it a natural fit in an energy blend.

Grape (Grape Polyphenols) — Grapes are packed with polyphenols — plant compounds that act as powerful antioxidants in the body. Research shows grape-derived ingredients support healthy circulation, help protect cells from everyday oxidative stress, and contribute to overall cardiovascular wellness.

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