

Herbal ingredients:

Clinacanthus Nutans, Strobilanthes Crispus, Elephantopus Scaber

Manufacturer:

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CareViva™ Natural Support

A Botanical Nutraceutical for Inner Balance and Everyday Vitality CareViva™ NS is a thoughtfully formulated nutraceutical designed to support your body's natural resilience and physiological balance. Rooted in traditional wisdom and supported by modern science, CareViva™ NS combines a synergistic blend of three time-honoured herbs – Clinacanthus nutans, Strobilanthes crispus, and Elephantopus scaber – each selected for their naturally occurring phytochemicals and history of use in promoting overall health and wellbeing.

Modern lifestyles can place significant strain on the body, contributing to internal imbalances that affect energy levels, recovery, and metabolic function. CareViva™ NS offers a plant-based approach to help your body adapt to daily stressors and maintain its natural equilibrium – key foundations for long-term wellness and vitality.

Why Supporting Inflammatory Balance Matters

Inflammation is a natural physiological response that helps the body adapt and respond to challenges. However, ongoing exposure to stressors—such as poor diet, inadequate sleep, or environmental toxins – may influence this balance, resulting in low-grade inflammation that can affect how we feel and function. Research suggests that supporting internal balance plays an important role in maintaining energy, supporting metabolic health, and promoting overall wellness as we age.

CareViva™ NS is not a medicine. It is a plant-based nutraceutical that supports your body's natural ability to maintain a healthy internal state. By delivering a blend of botanicals traditionally used to support wellbeing, CareViva™ NS helps you feel well from the inside out.

Ingredient Spotlight

Clinacanthus nutans Widely used in Southeast Asian traditional medicine, Clinacanthus nutans contains flavonoids and glycosides associated with antioxidant and supportive

physiological properties. Recent research highlights its potential role in promoting natural antioxidant activity and supporting overall cellular balance.

- Lin CM et al., (2021). Recent Advancement in Anticancer Activity of Clinacanthus nutans (Burm. f.) Lindau. Evid Based Complement Alternat Med.
- Sarega N et al., (2016). Phenolic Rich Extract from Clinacanthus nutans Attenuates Hyperlipidemia-Associated Oxidative Stress in Rats. Oxid Med Cell Longev.

Strobilanthes Crispus Traditionally consumed as herbal tea or tonic, *Strobilanthes crispus* is rich in polyphenols, minerals, and dietary fiber. Scientific studies suggest it supports metabolic balance and natural detoxification pathways, contributing to vitality and overall wellbeing.

- Baraya YS et al., (2022). *Strobilanthes crispus* Elicits Anti-tumor Immunogenicity in In vitro and In Vivo Metastatic Breast Carcinoma. PLoS One.
- Gordani N et al., (2021). Stem Hexane Extract of *Strobilanthes crispus* Induces Apoptosis in Triple-Negative Breast Cancer Cell Line. Nutr Cancer.
- Muhammad SNH, Safuwan NAM, Yaacob NS, Fauzi AN. (2023). Regulatory Mechanism on Anti-Glycolytic and Anti-Metastatic Activities Induced by *Strobilanthes crispus* in Breast Cancer in vitro. Pharmaceuticals.

Elephantopus scaber Commonly used as a traditional tonic in various Asian medicinal systems, *Elephantopus scaber* contains sesquiterpene lactones and polysaccharides, which may support the body's natural regulatory and antioxidant functions. Studies indicate its role in promoting physiological balance and cellular health.

- Chen JJ, et al. (2023). Deoxyelephantopin, a Germacrane-Type Sesquiterpene Lactone from *Elephantopus scaber* Induces Mitochondrial Apoptosis of Hepatocarcinoma Cells by Targeting Hsp90a In Vitro and In Vivo. Phytother Res.
- Cvetanova B, et al. (2021). Sesquiterpene Lactone Deoxyelephantopin Isolated from *Elephantopus scaber* and Its Derivative DETD-35 Suppress BRAFV600E Mutant Melanoma Lung Metastasis in Mice. Int J Mol Sci.
- Wang C, et al. (2024). *Elephantopus scaber* L. Polysaccharides Alleviate Heat-Stress-Induced Systemic Inflammation in Mice via Modulation of Characteristic Gut Microbiota and Metabolites. Nutrients.

Additional References on Inflammation and Wellness:

- Pahwa R et al., (2023). Chronic Inflammation. In: StatPearls [Internet]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK493173/>
- Chavda VP et al., (2024). Inflammation: The Cause of All Diseases. Cells.

Summary:CareViva™ NS harnesses the traditional heritage and emerging scientific insights of these botanicals to support your body's natural ability to maintain internal balance, promote antioxidant capacity, and foster everyday vitality.