

## Frequently Asked Questions

### How do I take the Healthy Edge Stack?

Take P84 by mixing both PhytoPower 1 and PhytoPower 2 into 16 oz/480 mL of water or your favorite beverage. Avoid hot liquids above 100°F/38°C to protect ingredient integrity. You can take Protandim® Nrf2 Synergizer® with your P84 or right after.

### Does Nrf2 need to be taken separately from P84 because of overlapping ingredients?

No. They do not need to be taken separately. The ingredients in Protandim® Nrf2 Synergizer® are standardized and concentrated to contain specific active components. The ingredients in P84 are not standardized to the same compounds and are in different forms than Nrf2 so they do not negatively interact or negate each other in any way.

### Is the Healthy Edge Stack safe to take with other LifeVantage products?

Yes. The Healthy Edge Stack complements other LifeVantage products. It can be safely used alongside supplements such as Daily Wellness, AXIO, or TrueScience Liquid Collagen for a complete wellness routine.

### When is the best time to take it?

We recommend taking the Healthy Edge Stack in the morning. However, you can take it at any time that fits your schedule. Consistency is key for best results.

### Can I mix P84 with other things?

Yes. You can mix P84 with water, juice, or any cool beverage of your choice. Avoid using hot liquids above 100°F/38°C to maintain the effectiveness of the ingredients.

### Why are there two products in the Stack?

Healthy Edge combines two complementary products that work together to create a complete wellness foundation. P84 acts as your offense, helping to regulate, repair, and restore your gut health. Protandim Nrf2 Synergizer acts as your defense, reducing oxidative stress and supporting cellular health.\*

### Who should take the Healthy Edge Stack?

The Stack is formulated for adults looking to support their gut and cellular health. If you are pregnant, nursing, taking medication, or have a medical condition, consult your healthcare provider before use.

### Do I need to take both products every day?

Yes. For best results, take both P84 and Protandim Nrf2 Synergizer daily. Their benefits are cumulative—daily use helps your body stay regulated, protected, and performing at its best.\*

### Can I take the products separately?

While you can take each product on its own, the Healthy Edge Stack was designed to work better together. The synergy between P84 and Nrf2 provides more complete support for whole body wellness.\*

### Will I notice immediate results?

Every body is different. Some people notice improvements in energy, digestion, or mental clarity within days, while others see results after a few weeks. Stay consistent—balance and repair take time.\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

