

product information sheet



Your parents were right. Eating your vegetables and washing your hands are good daily habits. But there's more you can do to feel your best and support thriving health. This stack provides well-rounded support for wellness: Protandim® Nrf2 Synergizer® provides antioxidant defense. LifeVantage® Pro+™ provides beneficial bacteria to help maintain a healthy gut microflora. And LifeVantage® Daily Wellness™ delivers key nutrients to help support the immune system in a delicious elderflower-açaí drink mix.

Benefits



Daily Wellness deliver 5 key nutrients to help support the immune system and help you thrive **LifeVantage Daily Wellness**



Protandim Nrf2 Synergizer provides antioxidants that help fight free radicals
Protandim Nrf2 Synergizer



Pro+ helps support a healthy digestive system
LifeVantage Pro+

Tips

A healthy immune system is key to staying well. Here are some tips to help:



Sleep

Quality sleep is linked to a healthier immune system. If you struggle getting enough sleep you can avoid screen time and blue light before bed, meditate before bed to calm your mind, and sleep in a completely dark room or use an eye mask.



Hydrate

Dehydration can impact many bodily functions. Stick with plain water and drinks with added vitamins and antioxidants. Avoid drinks with added sugar, too much caffeine, and unhealthy additives.



Fermented Foods & Probiotics

You can supplement a diet rich in fermented foods with daily microflora. Beneficial bacteria aid in healthy digestion and play a big part in the health of your gut. Your immune system and gut work together to support your overall well-being.



Daily Maintenance

One of the best ways to improve your overall well-being is to focus on your immune health. You can use diet, exercise, and supplements in conjunction with stress management and relaxing activities to maintain your immune health all year long.

Directions

For best results, drink Daily Wellness™ mixed with 12-16 ounces of cold water, and take 1 Protandim Nrf2 Synergizer caplet and 1 Pro+ capsule per day.

Please visit [LifeVantage.com](https://www.lifevantage.com) to find the supplement facts for individual products.

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