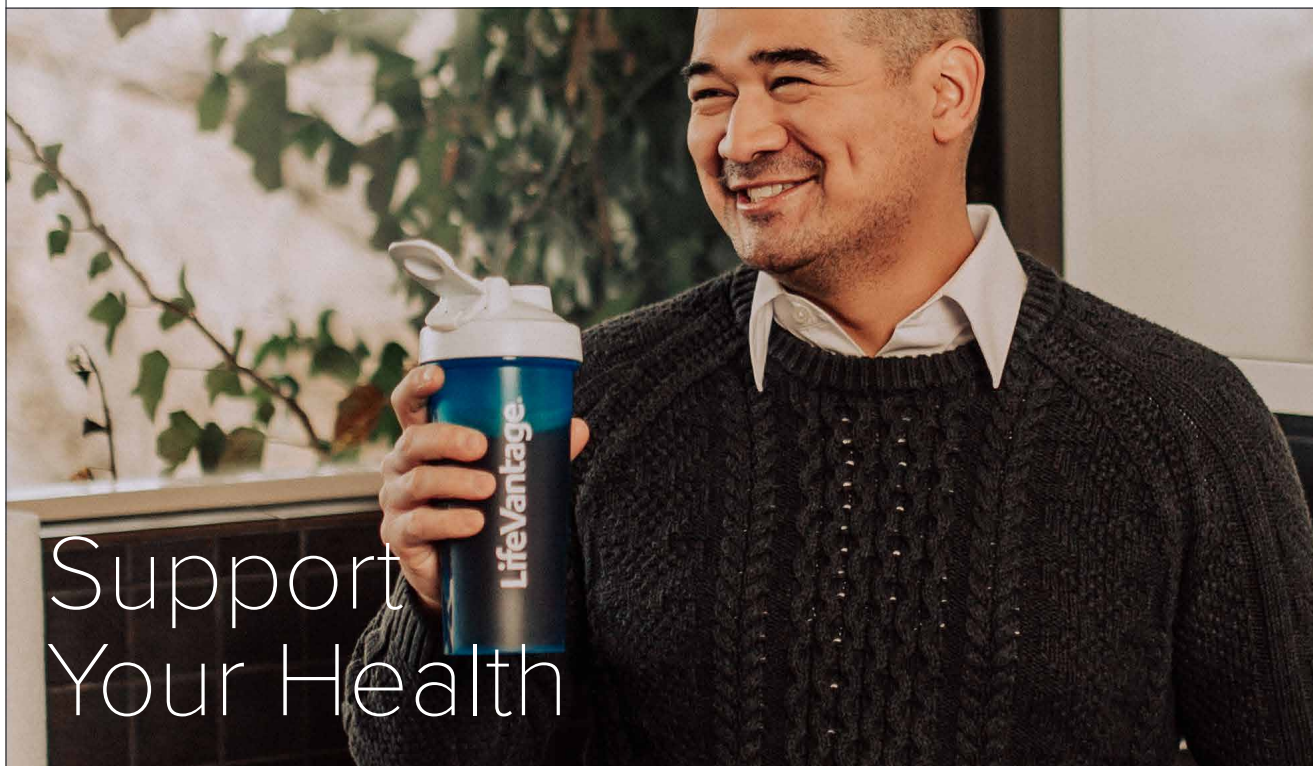


product information sheet



Your parents were right. Eating your vegetables and washing your hands is good advice. But there's more you can do to feel your best and support your health. This stack provides well-rounded support for strong immune defenses: Protandim[®] Nrf2 Synergizer[®] is a daily dietary supplement that supports the combat of free radicals. LifeVantage[®] ProBio[™] supports restoration of your gut flora with healthy bacteria. And LifeVantage[®] Daily Wellness[™] delivers a unique blend of 5 key nutrients in a delicious drink mix that proactively supports a healthy and robust immune system.

Benefits



Supports everyday health
and well-being
LifeVantage Daily Wellness



Supports cells by protecting
from oxidative stress
Protandim Nrf2 Synergizer



Helps you stay well by supporting
all 3 types of immunity
LifeVantage Daily Wellness



Supports your gut flora
with healthy bacteria
LifeVantage ProBio

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 a daily probiotic. Probiotics support in healthy digestion and in the health of your gut. Your immune system and gut work together to support your overall health.



Daily Maintenance

One of the best ways to support your overall health 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 in 12-16 ounces of cold water, and take 1 Protandim Nrf2 Synergizer caplet and 1 ProBio capsule per day.

Please visit LifeVantage.com to find the supplement facts for individual products.

Share

Let your friends and family learn about your experience on social media!

Tag @LifeVantage

