

# DAILY WELLNESS

## ✦ FAQs ✦

### WHAT IS LIFEVANTAGE® DAILY WELLNESS?

LifeVantage® Daily Wellness is a powdered drink mix that can be consumed daily to support immune health and general well-being\*

### DO I REALLY NEED TO TAKE IT EVERY DAY?

For best results, we suggest you take Daily Wellness daily to achieve optimal results.\*

### WILL IT REALLY MAKE A DIFFERENCE?

Based on information from human clinical trials and preclinical studies, yes - those that take products with fermented yeast extract have noticed a difference.\*

### COULD I TAKE IT TWICE A DAY?

Absolutely. Daily Wellness is safe to take twice a day.

### WHAT IS SO “UNIQUE” ABOUT THE UNIQUE YEAST FERMENT?

It is considered a postbiotic...which is a byproduct of the fermentation process that the yeast goes through. Postbiotics are the beneficial compounds or substances left over after yeast (or bacteria) are fermented. The yeast ferment in Daily Wellness is a postbiotic ingredient made using yeast (*Saccharomyces cerevisiae*) that goes through a proprietary fermentation and drying process. This fermentation process makes a unique fingerprint of metabolites including proteins, polyphenols, vitamins, minerals, amino acids, polysaccharides, fiber, and other nutrients.\*

### WHAT'S THE RECOMMENDED DOSAGE FOR DAILY WELLNESS?\*

The recommended dosage is 1 scoop (provided in the jar) per day mixed with 12-16 oz of water.

### HOW MANY SERVINGS ARE THERE IN THE DAILY WELLNESS PER JAR?

There are 30 servings per jar.

### WHAT ARE THE KEY INGREDIENTS IN DAILY WELLNESS?

Fermented Yeast Extract — 500 mg  
Elderberry — 200 mg  
Vitamin C — 150 mg  
Vitamin D3 — 5 mcg  
Zinc — 10 mg

### ARE THERE ANY KNOWN ALLERGENS IN THE DAILY WELLNESS?

No

### DOES DAILY WELLNESS CONTAIN NRF2 INGREDIENTS?

No, it does not contain Nrf2 ingredients.

### IS DAILY WELLNESS GLUTEN FREE?

Yes. All our ingredients have been verified as gluten-free, containing less than 20ppm.

### IS OUR FERMENTED YEAST EXTRACT GLUTEN-FREE?

Yes. Our Fermented Yeast Extract does not contain Gluten, Wheat, Barley, Rye, or Oats.

### IS DAILY WELLNESS VEGAN FRIENDLY?

No. It is however non-GMO and vegetarian friendly.

### DOES DAILY WELLNESS HAVE A FLAVOR?

Daily Wellness has an elderflower-çaï flavor profile and is non-carbonated.

### WHAT ARE THE BENEFITS OF VITAMIN D3?

- \_ Needed/important for the structure of bones/ healthy bones.\*
- \_ Helps build and maintain strong/healthy bones.\*
- \_ Necessary for adequate bone density.\*
- \_ Contributes to normal cell division.\*

## WHAT ARE THE BENEFITS OF VITAMIN C?

- \_ Antioxidant\*
- \_ Supports the proper functioning of the immune system\*
- \_ Maintains healthy cartilage, bones, and teeth.\*
- \_ Supports healthy production of collagen\*

## WHAT ARE THE BENEFITS OF ZINC?

- \_ Antioxidant\*
- \_ Supports production & function of immune cells\*
- \_ Supports healthy gene expression and enzymatic reactions\*

## WHAT ARE THE BENEFITS OF ELDERBERRY?

- \_ Used historically to support immune health\*
- \_ Antioxidant\*

## CAN I TAKE DAILY WELLNESS WITH OTHER SUPPLEMENTS?

Daily Wellness is part of a balanced approach, used in conjunction with LifeVantage ProBio, Omega+, Prebiotic, and Protandim® Nrf2 Synergizer® in order to maximize the overall health of your immune system. If you have any additional concerns, we recommend you consult with your physician.\*

## CAN I TAKE DAILY WELLNESS IF I AM PREGNANT OR NURSING?

We suggest you consult with your physician if you have questions or concerns about your pregnancy before use.

## WHO SHOULD TAKE DAILY WELLNESS?

We recommend Daily Wellness for all ages. It's especially important to give extra support to our immune system and bodies as we age, when we know we'll be traveling, and when under everyday stress.\*

## WHEN SHOULD I TAKE DAILY WELLNESS?

Daily Wellness can, and should, be taken every day as a proactive way to help strengthen your immune system. Daily Wellness may have a particular advantage when we know we'll be traveling, under everyday stress, or working extra hard/long hours when we're around large groups of people or going to be in close proximity to large groups of people.\*

## CAN I GIVE DAILY WELLNESS TO MY CHILD?

Dosage is intended for adult use only. Should you have any questions or concerns on behalf of your child, talk to your pediatrician before use.

## WHAT'S A POSTBIOTIC?

Just like a prebiotic and probiotic, a postbiotic is an additional way to get the benefits of health-promoting microorganisms. Their beneficial substances are created during the fermentation process.\*

\*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.