

product information sheet



Stay Young at Heart

Life is made up of moments. And good health and a strong heart is essential for all of them. This stack of supplements will show your whole body, including your heart, some love: Protandim[®] Nrf2 Synergizer[®] helps increase the production of antioxidant enzymes and provides antioxidant defense for maintenance of good health. Protandim[®] NRF1 Synergizer[®] supports the function of mitochondria—the powerhouse of cells—with ingredients like CoQ10 to support the cellular energy production needed to power your heartbeat. And LifeVantage[®] Omega+™ is a source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health.

Benefits



All 3 products help maintain good health



Protandim NRF1 Synergizer[®]
helps supports cellular energy production



Protandim Nrf2 Synergizer[®] and **Protandim NRF1 Synergizer[®]** provide antioxidants that help protect against cell damage caused by free radicals

Tips

There's a lot you can do to improve your overall health and your heart health specifically. The tips below will help you keep your overall well-being in check. The best time to start is now.



Eat a Variety of Foods

Aim to eat at least 5 servings of fruits and veggies every day. Add fatty fish to your diet for high-quality omega-3 fatty acids and protein. Limit the amount of added sugar in your diet—including drinks—and cut down on heart-damaging saturated fats.



Drink Enough Water

Hydration is essential to overall health. There is no set amount of water you need to drink, just make sure you feel quenched throughout the day. Drinking water can also keep you from sugary drinks since you won't feel thirsty.



Get Quality Sleep

When we're tired, we don't have the energy to plan our day or make our own food. Poor quality sleep and not sleeping enough are linked to poor food choices. We also tend to overeat late at night when we snack mindlessly.



Regularly Check Your Blood Pressure

You can check your blood pressure at home with a blood pressure monitor or ask your provider to test it at your next check-up. High blood pressure has been linked to chest pain, artery damage, and heart disease.

Directions

For best results, take 1 Protandim® Nrf2 Synergizer® caplet and 3 LifeVantage® Omega+™ softgels once per day. Take 1 Protandim® NRF1 Synergizer® capsule 2 times per day with food.

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

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