

# DAILY WELLNESS

## ✦ FAQs ✦

### WHAT IS LIFEVANTAGE® DAILY WELLNESS™?

LifeVantage® Daily Wellness is a powdered drink mix that can be consumed daily to support immunity and general well-being.

### DO I 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?

Yes, the fermented yeast will reduce the instance of cold and flu symptoms and provide antioxidants. It's also a source of vitamins D and C and zinc to support biological functions which play a key role in the maintenance of good health.

### WHAT IS SO "UNIQUE" ABOUT THE UNIQUE YEAST FERMENT?

It is considered a postbiotic. Postbiotics are the beneficial compounds or substances left over after yeast (or bacteria) is fermented. The yeast ferment in Daily Wellness 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?

The recommended dosage is 1 scoop per day mixed with 12-16 oz of water.

### HOW MANY SERVINGS ARE THERE IN A JAR?

There are 30 servings per jar.

### WHAT ARE THE KEY INGREDIENTS?

Fermented Yeast or Baker's Yeast (*Saccharomyces cerevisiae*) - 500 mg  
Elderberry or European elder (*Sambucus nigra* subsp. *nigra*) - 105 mg  
Vitamin C (Ascorbic acid) - 150 mg  
Vitamin D (Cholecalciferol) - 5 mcg  
Zinc (Zinc gluconate) - 10 mg

### ARE THERE ANY KNOWN PRIORITY ALLERGENS IN 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 20 ppm.

### 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 a mild, delicious elderflower-açaí flavor profile and is non-carbonated.

### WHAT ARE THE BENEFITS OF VITAMIN D?

- \_ Helps in the development and maintenance of bones and teeth
- \_ Helps in the absorption and use of calcium and phosphorus
- \_ Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis
- \_ Helps to build strong bones and teeth

## WHAT ARE THE BENEFITS OF VITAMIN C?

- \_ Antioxidant\*
- \_ Helps to maintain/support immune function\*
- \_ Helps in wound healing and connective tissue formation
- \_ Helps in collagen formation to maintain healthy bones, cartilage, teeth, and/or gums

## WHAT ARE THE BENEFITS OF ZINC?

- \_ Antioxidant\*
- \_ Helps support immune system function
- \_ Maintains healthy hair, skin, and nails

## CAN I TAKE DAILY WELLNESS WITH OTHER SUPPLEMENTS?

Daily Wellness is part of a balanced approach, used in conjunction with LifeVantage® ProBio™, Omega+™, and Prebiotic and Protandim® Nrf2 Synergizer® in order to maximize the overall health. If you have additional concerns, we recommend consulting 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 adults of all ages. It's especially important for extra immune support as we age, while traveling, and for everyday stress.

## WHEN SHOULD I TAKE DAILY WELLNESS?

Daily Wellness should be taken every day as a proactive way to help strengthen your immune system. Daily Wellness may have a particular advantage when traveling, under everyday stress, working extra-long hours, around large groups of people, or in close proximity to many people.

## CAN I GIVE DAILY WELLNESS TO MY CHILD?

Dosage is intended for adult use only. If you have questions, please 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.