



Support Your Immune Function and Everyday Health

Daily Wellness is formulated with 5 powerful ingredients to help support your immune system. Your immune system performs 3 essential roles, and when balanced, they are strong like a 3-legged stool. You can help support all 3 functions with beneficial vitamins and. The 5 to Thrive include vitamins C and D, zinc, elderberry, and a proprietary fermented yeast shown in clinical trials to support everyday health and well-being, especially in the winter months. Nutritious and delicious, with the subtly sweet flavor of elderflower and acai, Daily Wellness proactively supports your everyday health. This formula is allergen-free, non-GMO, gluten-free, and vegetarian-friendly.

Benefits

- Vitamins C, D, and zinc maintain the immune system and are factors in the maintenance of good health
- Fermented yeast (*Saccharomyces cerevisiae*) supports everyday health and well-being
- Elderberry has been used to support wellness by traditional cultures for hundreds of years

Ingredients

- Vitamin / Vitamine C (Ascorbic acid / acide ascorbique) 150 mg
- Zinc (Zinc gluconate / gluconate de zinc) 10 mg
- Vitamin / Vitamine D (Cholecalciferol / cholécalférol) 5 mcg
- European elder / sureau européen (*Sambucus nigra* subsp. *nigra*- Fruit) 105 mg
- Baker's Yeast / Levure de bière (*Saccharomyces cerevisiae*- Whole / entier - Strain / souche C) 500 mg



Directions for Use

Adults: 1 scoop (5.9 g), 1 time per day of Daily Wellness to 12-16 ounces of cold water (in a bottle, glass, or other container). Shake or stir for at least 30 seconds or until contents are mixed well. Take with food, a few hours before or after taking other medications or natural health products. Consult a health care practitioner for use beyond 12 weeks.

WARNINGS: Consult a health care practitioner prior to use if you have low blood pressure or if you are taking medication for high blood pressure, and / or are pregnant or breastfeeding. Consult a health care practitioner after use, if symptoms persist or worsen. Stop use if hypersensitivity / allergy occurs. Do not use if seal is broken..

Frequently Asked Questions

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?

Daily Wellness can be taken every day but consult your physician for use beyond 12 weeks.

Will it really make a difference?

Yes, the fermented yeast will help support everyday health and well-being 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 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-çaïa 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.

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.



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