



A Breakthrough in Radiant Health...

# DAILY AM & PM

## Frequently Asked Questions

### What makes Daily AM & PM superior to other multivitamins on the market?

- **Targeted nutrition for your body's daily rhythms.** Only Daily AM & PM provides the ultimate targeted nutrition for your body's morning and evening needs. Daily AM tablets boast all-natural phased release technology, designed to help your body maximally absorb and utilize our optimal blend of ingredients throughout your day. Daily PM capsules are quick-releasing, so that your body receives optimal amounts of vitamins, minerals, herbs and botanicals to support your body's nighttime rest and recovery processes.
- **A full spectrum of phytonutrients.** We designed Daily AM & PM to keep you in peak health by delivering you a full spectrum of phytonutrients found in healthy, whole foods diets.
- **Top-quality chelated minerals.** We use only the highest quality chelated minerals, which are more bioavailable and more readily used by the body than lower-quality minerals you find in most brands' multivitamins.
- **Natural, preservative free ingredients.** And finally, Daily AMs & PMs contain no preservatives, artificial colors, artificial flavors, heavy metals or pesticides.

### Why do you have separate AM and PM blends?

Your body's needs are very different during the day than at night. During the day, your body expends a lot of energy, and demands good nutrition to support your busy life. During the nighttime, your body goes into rest and recovery mode—repairing and restoring itself to prepare for the upcoming day. Understanding this, we formulated Daily AMs & PMs to work the way your body naturally works—by adjusting to the nutritional needs of your body's daily rhythms. Daily AM delivers an exclusive, all-natural energy blend to wake you up; nutraceuticals to support healthy blood sugar levels; and a superior enzyme blend to help you absorb maximum nutrition from the foods you eat. Daily PM supplies calming herbs and botanicals to help you relax, along with minerals to help your body restore and rejuvenate during the night while you sleep.

### How do you recommend I take my Daily AM & PM?

We recommend taking Daily AM & PM with 6-8 oz. of water. Take your Daily AM with breakfast or within the first hour after waking. Take your Daily PM 1-2 hours before bedtime. For most people, these supplements can be taken with or without food. However, if you have digestive sensitivities, we always recommend taking Daily AM with your breakfast and Daily PM right after dinner.



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## Frequently Asked Questions (CONTINUED)

### Can I give Daily AM & PM to my kids?

Our SAB does not recommend giving Daily AM & PM to children under the age of 10. For children ages 10-15, reduce the dosage to 2 AM tablets and 2 PM capsules per day. Children 16 and older may take the full adult dosage.

### Is there anyone who should not take this product?

As with any nutritional supplement, if you are on medication, you should consult with your doctor before taking Daily AM & PM. Pregnant women should take a prenatal vitamin (according to their doctor's recommendations) in place of Daily AM & PM. Unless otherwise indicated by a doctor, nursing women can take Daily AM & PM as directed.

### I have allergies. Are there any concerns I should have in taking Daily AM & PM?

Daily AM & PM contain no milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, yeast, gluten artificial flavoring or artificial coloring.



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Find out more: Go to  
[SmartHealthNutritionals.com](http://SmartHealthNutritionals.com).

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# DAILY AM FORMULA

## Frequently Asked Questions

### How is Daily AM superior to other multivitamins?

Daily AM blend has been specifically formulated to provide you optimal levels of the highest quality vitamins and nutrients, in a way that your body can best utilize. Daily AM boasts a unique fiber-based phased delivery system that is all-natural and that delivers targeted nutrition to your body over the course of hours to allow for optimal utilization. Moreover, this morning blend gives you optimal amounts of 12 essential vitamins and other carefully selected nutrients for total wellness and inner radiance. Our unique formulation includes a proprietary energy blend, a proprietary antioxidant blend, and a proprietary enzyme blend that work synergistically to support vitality, immunity, metabolism and healthy blood sugar levels.

### What is the purpose of the proprietary antioxidant blend?

Antioxidants reduce the harmful effect of free radicals on the body; free radicals can damage and age your cells and tissues. In addition to the antioxidant vitamins C and E, our Daily AM's proprietary antioxidant blend features five nutrients designed to improve cellular health, support your immune system, and slow the aging process.

Key ingredients include:

- **Alpha Lipoic Acid**—Helps prevent cell damage, nourish your skin, and break down carbohydrates for energy use
- **L-Glutathione**—Recycles antioxidants
- **N-Acetylcysteine**—An important antioxidant and anti-aging ingredient
- **Resveratrol**—A widely studied potent antioxidant derived from grape skins
- **Mixed Carotenoids**—For potent antioxidant protection

### What is the purpose of the proprietary energy blend?

We formulated our proprietary energy blend to help increase your energy and endurance throughout the day. Key ingredients include:

- **B Vitamins**—Metabolize energy, support the nervous system and red blood cells; help reduce stress and enhance mental alertness
- **Holy Basil**—Adaptogen that helps decrease stress and enhance energy
- **Gotu Kola**—Boosts mental alertness and cognitive function
- **Cayenne and Trikatu**—Heating herbs that increase thermogenesis in the body and promote optimal metabolism

### What is the purpose of the proprietary enzyme blend?

Your gastrointestinal and digestive tract health plays a vital role in how you feel every day. We included a blend of enzymes that helps your body absorb and assimilate all the ingredients in Daily AM blend, as well as the nutrients you consume from your daily diet.



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# DAILY PM FORMULA

## Frequently Asked Questions

### How is Daily PM superior to other mineral supplements?

We created our Daily PM to give your body the optimal nutrition it needs to support rest and recovery processes during the night. In this blend, you'll find superior levels of minerals, nutraceuticals and botanicals to support your body's ability to restore itself as you sleep. Furthermore, we've included ingredients that help you fall asleep and wake up feeling rested and refreshed. Daily PM boasts vegetarian capsules, which quickly release a full spectrum of minerals and other targeted nutrients for optimal tissue regeneration, metabolic support and peaceful rest!

### What are the key ingredients in Daily PM and what do they do?

We have carefully selected the ingredients in our Daily PM blend to work together synergistically—giving you the ultimate in restorative and metabolic support, plus a good night's rest!

- **Chamomile Flower**—Widely used around world for its calming, stress-reducing and anti-inflammatory properties
- **Passion Flower**—This calming herb promotes the production of GABA to promote relaxation and sleep
- **Skullcap**—Supports restful sleep
- **L-Theanine**—An amino acid that has been shown to reduce stress and promote a positive mood
- **Choline**—An essential nutrient that supports a healthy nervous system and brain function
- **Full spectrum of 10 minerals.** Daily PM contains a complete array of restorative minerals, chelated to maximize your body's ability to absorb and utilize them

### What are chelated minerals and why are they superior to non-chelated minerals?

Unlike most brands, our Daily PM uses chelated minerals to maximize your body's ability to absorb and utilize the minerals. Chelation combines minerals with amino acids (or other organic compounds), making them more bioavailable to your digestive system.



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