



DailyBenefits®

HOW TO FIT DAILY BENEFITS™ INTO YOUR LIFESTYLE

THE NUTRIENTS THAT KEEP THE HUMAN BODY HEALTHY ALSO KEEP SKIN LOOKING BEAUTIFUL. MAXIMIZE THE NUTRIENT POWER OF **DAILY BENEFITS™** BY FOLLOWING THESE USAGE GUIDELINES.

HOW TO TAKE DAILY BENEFITS™ COLLAGEN

All you need is one scoop a day to enjoy the benefits of this neutral taste formula. Plus -- its sugar- and gluten-free!

Note - As a guideline, if its too hot to consume, its too hot to put Collagen in. Unfortunately, this means it can't be baked.



♥ IN YOUR COFFEE OR TEA



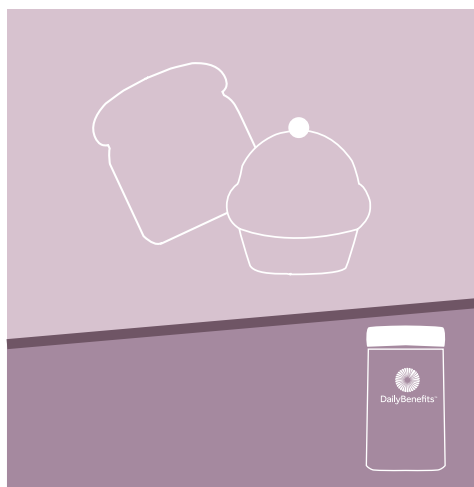
♥ IN YOUR YOGURT OR OATMEAL



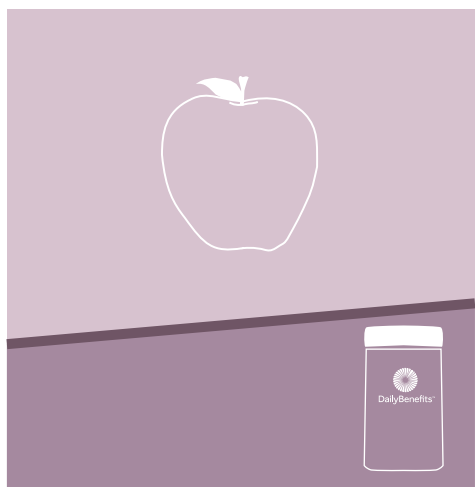
♥ IN YOUR SMOOTHIE OR PROTEIN SHAKE

HOW TO TAKE DAILY BENEFITS™ ANTIOXIDANT

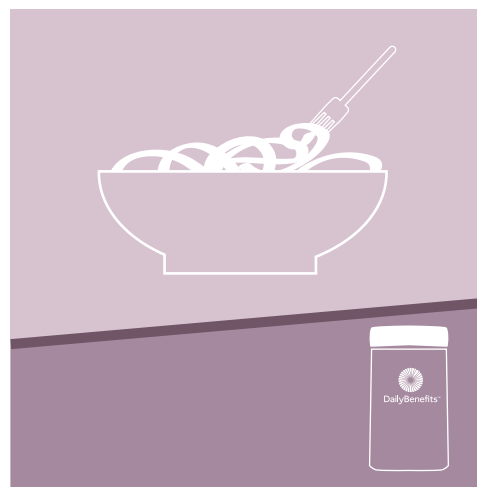
While it can be taken any time of the day, Daily Benefits™ Antioxidant works best if taken in the morning to support your body in fighting oxidative stress from free radicals – and it must be taken **with food**.



♥ WITH YOUR BREAKFAST



♥ WITH A MID-MORNING SNACK



♥ WITH LUNCH

AND YOU CAN TAKE BOTH **DAILY BENEFITS™ COLLAGEN** AND **DAILY BENEFITS™ ANTIOXIDANT** TOGETHER, EVERY DAY – BUT BE SURE TO TAKE THEM A FEW HOURS APART.

