



SCIENCE

- **Vitamin B12** is crucial for energy production, red blood cell formation, DNA synthesis, and nerve function. By boosting energy levels, improving mood, and supporting cognitive health, it plays a vital role in overall well-being. Found naturally in animal products like meat, fish, and dairy, supplementation is especially important for vegetarians and vegans.
- **Glutathione:** Often referred to as the "master antioxidant," glutathione plays a critical role in cellular detoxification and immune function. It helps neutralize free radicals, supports liver detoxification, and enhances the body's immune response.
- **Vitamin C:** This essential vitamin is crucial for the growth and repair of tissues in all parts of your body. It helps heal wounds, repair and maintain cartilage, bones, and teeth, and supports the immune system by enhancing the function of white blood cells.
- **Zinc:** Zinc is vital for immune cell development and communication and plays a crucial role in the inflammatory response. It also helps the body produce proteins and DNA, the genetic material in all cells, and supports wound healing.

BESTDAY

ZINC/VITAMIN C/
GLUTATHIONE/VITAMIN B12

BENEFITS

- Enhanced Energy Levels
- Immune Support
- Powerful Antioxidant Protection
- Improved Mood and Cognitive Function
- Skin Health and Radiance