



Active Ingredients:

Vitamin D, Magnesium (magnesium Glycinate), L-theanine
Aswagandha Root extract (Withania omnifera Root)

Recommended Serving: As needed

Product Summary

Introducing our all-in-one wellness drink—a thoughtfully crafted blend designed to support your well-being from the inside out. Each sip is packed with powerful ingredients that work harmoniously to enhance your daily routine:

- **Vitamin D:** Essential for bone health and immune function, this vital nutrient helps to boost your overall vitality.
- **Magnesium Glycinate:** Known for its superior absorption, this form of magnesium supports relaxation, muscle function, and a sense of calm.
- **L-Theanine:** Derived from green tea, this natural amino acid promotes mental clarity and relaxation without drowsiness, helping you stay focused and balanced.
- **Ashwagandha Root Extract:** A revered adaptogen, Ashwagandha helps your body adapt to stress, supporting emotional resilience and mental well-being.

Perfect for those seeking a natural way to enhance their mood, support relaxation, and maintain overall health, our wellness drink is your daily dose of balance and vitality. Sip and experience a rejuvenating blend that supports a healthier, more harmonious you!

Responsible Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not use if package is open when received
- Store in a cool dry place.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

Vitamin D

“Vitamin D has a critical role in the innate immune system through the production of antimicrobial peptides - particularly cathelicidin. Vitamin D would appear to have an important role in respiratory tract, skin and potentially gut health. .”

Research:

<https://pubmed.ncbi.nlm.nih.gov/21133662/>

Magnesium Glycinate

“Magnesium Glycinate: Known for its superior absorption, this form of magnesium supports relaxation, muscle function, and a sense of calm.

Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=magnesium+supplementation>

L-Theanine

“L-theanine is also a bioactive compound with plenty of health benefits, including antioxidant, anti-inflammatory, neuroprotective, anticancer, metabolic regulatory, cardiovascular protective, liver and kidney protective, immune regulatory, and anti-obesity effects. .”

Research:

<https://pubmed.ncbi.nlm.nih.gov/35445053/>

Ashwaganda:

This adaptogenic herb is used in traditional medicine to help the body manage stress and support overall resilience. It may aid in reducing anxiety, improving sleep quality, and enhancing cognitive function. It's also known to have antioxidant and anti-inflammatory properties.

Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=ashwagandha+and+sleep>