



THE **Vitality** REPORT

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Ten Days of Sunshine: Feel Happy!

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When it comes to the blues, mild depression and anxiety, there are many natural remedies that can help. The body under stress uses a tremendous amount of vitamin C and the B vitamin complex. These vitamins are water-soluble and most of them are synthetic and not very bioavailable. 10 Day Results has chosen to include only 100% whole food sources of these powerful vitamins in 10 Days of Sunshine. Add to these key nutrients the amazing benefits of L-Theanine for a calm mind and Ashwagandha to help calm the body and

reduce cortisol. 10 Days of Sunshine is much more than just Vitamin D3, it is a true natural mood elevator and mental focus enhancer and with no known negative side effects, what's there to lose?

Two capsules contain: 200mg L-theanine plus 100 mg of Lemon Balm to boost GABA and calm the mind, 100% whole food vitamin C and B complex to calm the nerves and nourish adrenals, 5,000 IU of natural Vitamin D3 to quickly fill deficiency and improve mood, and an Ashwagandha blend for reduction of cortisol and improved stress response.

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