

Report of a medically-supervised clinical evaluation of Daily 3[®] by an independent laboratory

Start of the study	22.01.2024
End of the study	15.04.2024
Total duration	12 weeks
Number of volunteers	33 volunteers
Age	Between 20 and 68 (average age 43)
Eligibility criteria	Subjects had to have at least one of the following: <ul style="list-style-type: none">● Mild to severe fatigue● Very low to moderate energy● Difficulty concentrating● Stress

Responses of the 33 study participants recorded by the doctor after 3 months' supplementation with Daily 3[®]

GENERAL TOLERANCE

97%	The product was easy to take and well-tolerated
97%	The product did not cause stomach aches when taken with a meal
97%	The product did not impair sleep

OVERALL PERFORMANCE

82%	Found it to be the most effective multivitamin they had tried
79%	Began to feel the benefits of the product after less than 7 days after less than 7 days

ENERGY

94%	Felt more energetic
91%	Felt reinvigorated
94%	Felt less tired in general
91%	Had fewer energy dips during the day
91%	Needed fewer hours' sleep
94%	Felt more rested on waking

HEALTH AND IMMUNITY	
88%	Felt healthy
91%	Felt better than ever
88%	Had no winter ailments during the study period <i>*Adults suffer an average of 2-4 such ailments a year</i>

STRESS AND CONCENTRATION	
94%	Experienced an improvement in mood
91%	Felt less stressed
94%	Found it easier to face the day
91%	Found it easier to concentrate

STRENGTH AND ENDURANCE	
91%	Felt stronger
88%	Felt more resistant
91%	Found they performed better when exercising/playing sport

BEAUTY	
91%	Found their skin improved
91%	Found their hair improved
88%	Found their nails improved

CHANGES IN SCORES FOR 4 CRITERIA OVER THE STUDY PERIOD			
	Average score recorded by the doctor (from 0 to 4)		
	Start of the study	After 4 weeks	After 12 weeks
Fatigue	2,5 / 4	1,5 / 4	0,8 / 4
Lack of energy	2,6 / 4	1,6 / 4	0,8 / 4
Difficulty concentrating	2 / 4	1,2 / 4	0,5 / 4
Stress	2,6 / 4	1,7 / 4	0,9 / 4