



# Take wellness one day at a time

## How do Fullscript Daily Packs support my health and wellness?

Fullscript Daily Packs **simplify your supplement routine** by eliminating the need to sort pills, organize bottles, or reorder products from different places. Each daily pack is sorted in **morning and evening packs** with **30 days' supply per box**.

Daily packs are convenient and portable, making it easier to stay on track with your supplement plan.

## Can I order Fullscript Daily Packs myself, or does my practitioner need to recommend them?

You can order ready-made daily packs based on your practitioner's treatment plan from the Prescriptions tab in the Fullscript app or from our catalog (if your practitioner has extended access).

You cannot order customized daily packs at this time. They must be prescribed by your practitioner.

## Why should I choose Fullscript's customized daily packs over other supplement packets?

- The ingredients that are available in our customized daily packs catalog are curated for you by your practitioner who understands your individual health needs and goals.
- You will continue to enjoy the same world-class ordering, shipping, and customer support experience you're used to.
- As with all Fullscript products, customized daily packs contain professional-grade vitamins, minerals, and supplement ingredients from brands you trust and that meet or exceed Fullscript's stringent quality standards. The items in daily packs are stored, packaged, and shipped according to cGMP requirements. Read more about Fullscript's commitment to quality standards [here](#).



## Three steps for an even simpler supplement routine



### Learn

Learn about your daily packs from their product page and your practitioner.



### Order

Add daily packs and add any other products in your supplement plan to your cart.



### Set and forget

Set your daily packs and other products up with Autoship for flexible, automatic reorders.

## Have more questions?

[Click here](#) to explore in-depth FAQs about Fullscript Daily Packs.

