

VO: READY OR NOT, THE HOLIDAY SEASON IS HERE. I'M RISE JILL MILLER.

THIS TIME OF YEAR BRINGS MANY DEMANDS. BETWEEN HOLIDAY PARTIES, SHOPPING FOR GIFTS AND SEASONAL TRAVEL, YOU MAY NOT BE PAYING AS MUCH ATTENTION TO YOUR BODY'S NEEDS AS YOU SHOULD. AND AS A RESULT, YOU MAY NOT BE AT YOUR BEST.

REGISTERED DIETITIAN AND AUTHOR, DAVE GROTTO, HAS SOME ADVICE.

Grotto - “It is important to maintain physical wellness in order to keep up with the stressful demands of the holiday season. During a time when many are indulging in holiday treats that might not provide the best nutrition, a daily multivitamin can fill the gaps to help ensure you’re getting the nutrients you need to be your best. In addition, Vitamin C and Vitamin E are two vitamins particularly important this time of year, as they help support a healthy immune system. I recommend Nature Made, the #1 pharmacist recommended brand of letter vitamins like C and E.”

VO: FOR MORE INFORMATION ON HOW YOU CAN STAY HEALTHY THIS HOLIDAY SEASON, VISIT NATUREMADE-DOT-COM. I'M RISE JILL MILLER.