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Oz Garcia to the Z's Rescue



There are just about three weeks left until Fashion Week. That means you need to get in all the beauty rest possible, because once September 10 hits, those z's will lose their place in life due to shows, parties, and the onslaught of places to be.

So how to deal? Thankfully, Oz Garcia PhD, nutritionist and fan to models like Karolina Kurkova and Veronica Webb, just launched his FastShots in morning and nighttime forms with AriZona. "I designed these FastShot formulas with AriZona because I felt people needed a healthy, alternative to the energy drinks and sleeping aids on the market today." While the A.M. Awake shot boosts you up, the P.M. Relax lets you unwind. The best part is that each are made with nutrients, antioxidants, vitamins, and minerals, which means they're not full of sugar like most

energy drinks.

Want more from Oz? [Learn how to get bright, glowing skin.](#)