

Lumiday is a revolutionary mood enhancement formula that has been scientifically formulated to help promote a positive mood, support serotonin levels, and may help to reduce stress & tension.* Featuring twelve key ingredients for maximum effectiveness.

PRECAUTIONS: Consult your health care professional prior to use if you have or suspect a medical condition, are pregnant or nursing, or are taking any medications including those for depression, migraines, Parkinson's disease, or psychiatric and emotional conditions as herbal extracts may interact with and/or reduce their effectiveness. Don't take with alcohol and use of this product may cause your skin to be extra sensitive to UV sources, such as artificial or natural sunlight. Avoid excessive exposures from these sources. Discontinue two weeks prior to surgery.

Keep out of the reach of children. Keep product at room temperature and humidity [59-86°F (15-30°C) 40% RH].

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WWW.LUMIDAY.COM

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Lumiday®
mood enhancement

- ✔ Support Emotional Well-Being*
- ✔ Ease Stress and Tension*
- ✔ Promote Positive Mood*
- ✔ Encourage Relaxation*

Dietary Supplement • 60 Capsules

ADULT USAGE: As a dietary supplement, take two (2) capsules daily with water.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving		%DV
Vitamin D (as cholecalciferol)	30 mcg	150%
Thiamin (as thiamin hydrochloride)	50 mg	4167%
Niacin (as niacinamide)	10 mg	63%
Vitamin B6 (as pyridoxine hydrochloride)	16 mg	941%
Folate (800 mcg folic acid)	1333 mcg	333%
Vitamin B12 (as cyanocobalamin)	96 mcg	4000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
L-Theanine	200 mg	†
5-Hydroxytryptophan (5-HTP)	100 mg	†
St. John's Wort Extract (leaf & flower) (0.3% hypericin)	300 mg	†
Rhodiola Extract (root) (3% rosavins)	100 mg	†
Ashwagandha (root)	50 mg	†

† Daily Value (DV) not established.

Other Ingredients: Gelatin, rice flour, maltodextrin, vegetable magnesium stearate, modified food starch, sucrose, and silicon dioxide.

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