

USAGE: As a dietary supplement, take two (2) capsules daily with water. For best results, light exercise and sensible diet are recommended.

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per Serving		% DV
Vitamin D3 (cholecalciferol)	1,200 IU	300%
Thiamin B1 (thiamine HCl)	50 mg	3333%
Niacin B3 (niacinamide)	10 mg	50%
Vitamin B6 (pyridoxine HCl)	16 mg	800%
Folate B9 (folic acid)	800 mcg	200%
Vitamin B12 (cyanocobalmin)	96 mcg	1600%
Pantothenic Acid B5 (calcium pantothenate)	10 mg	100%
L-Theanine 99%	200 mg	*
5-HTP	100 mg	*
St. John's Wort Extract		
0.3% hypericin 3% hyperforin	300 mg	*
Rhodiola Rosea Extract		
3% salidroside	100 mg	*
Ashwagandha Root	50 mg	*
* Daily Value (DV) Not Established		

Other Ingredients: Gelatin.

Precautions: Consult your health care professional prior to use if you have or suspect a medical condition, are pregnant or nursing, or are taking prescription drugs including drugs for depression, migraines, Parkinson's disease, or psychiatric and emotional conditions. 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 (59-86F, 40% RH).

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



Lumiday™
natural mood enhancement

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



Non-Habit forming • Safe and Effective

Dietary Supplement • 60 Capsules

Lumiday is a revolutionary mood enhancement formula that has been scientifically formulated to help promote a positive mood, balanced serotonin levels, control appetite, and may help to reduce stress & anxiety levels. Featuring twelve key ingredients that have been tested for maximum effectiveness.

877-556-5864
www.Lumiday.com

Lumiday also recommends the following:



- Fall Asleep Faster*
- Enjoy Deep Sleep*
- Sleep All Night*
- Feel Rested*

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USA

