

Suggested Use: As a dietary supplement, take one serving (three capsules) with your first alcoholic beverage and another serving with your third alcoholic beverage or before you go to bed. Take no more than 3 servings a day.

Warnings: As with all supplements, please consult a physician before taking BrightDay. BrightDay will not lower your blood alcohol level or prohibit intoxication. Please drink responsibly. Use only as directed.

Store in a cool, dry place.
KEEP OUT OF REACH OF CHILDREN.

Developed by and manufactured for:
BrightDay LLC
PO Box 610056
Redwood City, CA 94061



* 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.



BrightDay

for HEALTHIER DRINKING

Freedom from hangovers*

Antioxidants, vitamins and
natural botanicals

Scientifically-formulated
prevention*

Dietary supplement

90 capsules

SUPPLEMENT FACTS

Serving Size: 3 capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C.....	300 mg	500%
(Ascorbic Acid and Manganese Ascorbate)		
Vitamin E (as D-Alpha Tocopherol Succinate)	10 IU	33%
Thiamine (as Thiamine HCl)	90 mg	6000%
Riboflavin	15 mg	882%
Niacin	15 mg	75%
Vitamin B6 (as Pyridoxine HCl)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin).....	280 mcg	4667%
Biotin.....	450 mcg	150%
Pantothenic Acid (as Calcium-D-Pantothenate)	30 mg	300%
Magnesium (as Magnesium Oxide)	90 mg	23%
Zinc (as Zinc Gluconate).....	12 mg	80%
Selenium (as Methylselenocysteine).....	60 mcg	86%
Copper (as Copper Amino Acid Chelate)	0.45 mg	23%
Manganese (as Manganese Ascorbate)	2 mg	100%
Chromium (as Chromium Polynicotinate).....	250 mcg	208%

BrightDay Blend.....1610 mg†
N-Acetyl-L-Cysteine, Acetyl-L-Carnitine HCl, Alpha Lipoic Acid,
Succinic Acid, Taurine, Milk Thistle Seed Powder, L-Glutathione,
L-Theanine, Chlorophyll (from Sodium Copper Chlorophyllin)

† Daily Value not established.

Other Ingredients: Hypromellose (Capsule), Dicalcium Phosphate, Rice Flour, and Magnesium Stearate.