



Lumina™ is designed to support healthy mental function and relaxation—issues related to proper focus, attention, learning, and memory—by providing nutrients for modulating the metabolism of neurotransmitters such as dopamine, norepinephrine, and GABA.*

*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.

DIRECTIONS: Two softgels daily or as directed by your healthcare practitioner.

WARNING: Do not use if pregnant or nursing.

CAUTION: Avoid use if taking benzodiazepine medication or consuming alcohol. If taking medication, including blood thinning medications, consult your healthcare practitioner before use. Do not use before surgery. Keep out the reach of children.

STORAGE: Store in a cool, dry place.

Formulated to Exclude: Wheat, gluten, corn, nuts, tree nuts, artificial flavors, and preservatives. See Allergen Statement. ♦



Metagenics
Genetic Potential Through Nutrition

Lumina™

Designed to Support
Dopamine Activity♦

Dietary Supplement

60 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	11	
Calories from Fat	11	
Total Fat	1 g	1.5%*
Cholesterol	< 5 mg	2%*
L-Theanine	200 mg	**
Casein Tryptic Hydrolysate†	150 mg	**
Natural Marine Lipid Concentrate	800 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
EPA (Eicosapentaenoic acid)	160 mg	**

*Percent Values are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Natural marine lipid concentrate [fish (anchovy, tuna, sardine)], gelatin, glycerin, water, casein tryptic hydrolysate (milk), L-theanine, beeswax, soybean oil, mixed tocopherols, lecithin (soy), and caramel powder (color).

Contains: fish, (anchovy, tuna, sardine), milk, soy.

Developed and Manufactured by: **METAGENICS, INC.**
Makers of Professional Quality Supplements
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♦ This product is produced in a facility that produces products containing soy, dairy, fish, and crustacean shellfish.
† LactumPure™, a pure, undiluted, bioactive decapeptide complex derived from casein, a milk fraction.