

Lumiday



BRIGHTER MOOD

*Relax, de-stress
& put a smile on*

- Feel Calm & Relaxed*
- Boost Positive Mind & Mood*
- Help Reduce Fatigue from Stress*

60 CAPSULES
DIETARY SUPPLEMENT

Adult Usage: Take one (1) capsule twice daily with meals, morning and evening.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving		% DV
Vitamin D (as cholecalciferol)	20 mcg	100%
Thiamin (as thiamin hydrochloride)	50 mg	4167%
Niacin (as niacinamide)	10 mg	63%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5'-phosphate)	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%
St. John's Wort Extract (aerial parts) (0.3% hypericin)	300 mg	†
L-Theanine	200 mg	†
5-Hydroxytryptophan (5-HTP)(from <i>Griffonia simplicifolia</i> Extract)(seed)	150 mg	†
Ashwagandha Extract (root and leaf) (10% withanolides)(Sensoril®)	125 mg	†
Rhodiola Extract (root)(3% rosavins)	100 mg	†

† Daily Value (DV) not established.

Other Ingredients: Gelatin, rice flour and magnesium stearate.

Distributed by Adaptive Health, Charlotte, NC 28202

PRECAUTIONS: Only for adults over 18 years. Consult your healthcare practitioner before 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. 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. Some users have reported stomach upset, which should diminish over time. Discontinue use two weeks prior to surgery. Do not use if safety seal is missing.

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

Sensoril® is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478 and is a registered trademark of Nalreon, Inc.

www.LUMIDAY.com

1-877-556-5864

FPO

855710002772