

Lumiday®



RADIANCE WITHIN

*Radiate beauty from
the inside out*

- Get Youthful, Vibrant & Moisturized Skin*
- Promote Texture, Strength of Hair & Nails*
- Boost Metabolism & Vitality*

60 CAPSULES
DIETARY SUPPLEMENT

Adult Usage: Take two (2) capsules once daily, with or without food.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% DV	
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	10 mcg	50%
Niacin (from niacinamide)	18 mg	113%
Vitamin B6 (from pyridoxine hydrochloride)	2 mg	118%
Biotin	2500 mcg	8333%
Pantothenic Acid (as D-calcium pantothenate)	13.68 mg	274%
Zinc (from zinc oxide)	15 mg	136%
Copper (from copper sulfate)	1.65 mg	183%
Ashwagandha Extract (root) (5% withanolides)(KSM-66®)	600 mg	†
Cynatine® HNS (solubilized keratin)	500 mg	†
Cayenne Extract (fruit) (2% capsaicinoids)(Capsimax®)	100 mg	†
Quercetin (from quercetin dihydrate)	30 mg	†
Resveratrol (from Japanese Knotweed Root Extract)	30 mg	†
Hyaluronic Acid (from sodium hyaluronate)	5 mg	†

† Daily Value (DV) not established.

Other Ingredients: Gelatin, magnesium stearate and silica.

Distributed by Adaptive Health, Charlotte, NC 28202

PRECAUTIONS: Only for adults over 18 years. Use only as directed. Consult your healthcare practitioner if you have or suspect a medical condition, are pregnant or nursing, or if you use any medications as certain ingredients may alter their potency and/or side effects. Take product with food if you experience stomach upset. Discontinue use two weeks prior to surgery or if any serious adverse reaction occurs. 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].

KSM-66® is a registered trademark of Koreal Biomed, Inc.

Cynatine® is a registered trademark of Roxlor, LLC.

Capsimax® is a registered trademark of OmniActive Health Technologies Ltd.

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