

Lumiday® is a revolutionary mood enhancement supplement specifically reformulated to improve your emotional well-being with consistent daily use. Lumiday® provides the support you need to overcome life's daily stresses and be the best version of yourself.\*

Featuring 12 key ingredients, Lumiday® can increase your body's resistance to stress by increasing resistance to stress-related symptoms, like uneasiness, bad mood, fatigue, tension and mental cloudiness.\*

Key ingredients in Lumiday® have been clinically validated for maximum effectiveness. This product is safe, non-habit forming and drug-free.

*This powerful combination of ingredients can't be found anywhere else!*

### Make Every Day Great with Lumiday®

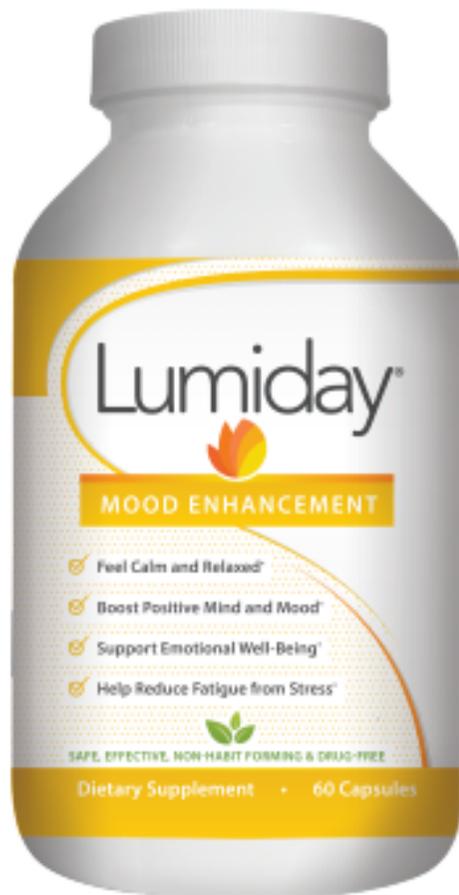
Just two small capsules a day can lead to a relaxed and positive mood.

**Results Can Improve for Up to 60 Days;  
Benefits Can Be Maintained with Daily Use.**

Lumiday® is perfect to pair with Luminite® for a great night's sleep.



\* 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.



# Lumiday®



## MOOD ENHANCEMENT

- ✓ **Feel Calm and Relaxed\***
- ✓ **Boost Positive Mind and Mood\***
- ✓ **Support Emotional Well-Being\***
- ✓ **Help Reduce Fatigue from Stress\***



**SAFE, EFFECTIVE,  
NON-HABIT FORMING,  
& DRUG-FREE**



## DIETARY SUPPLEMENT

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

## 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	60%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5-phosphate)	16 mg	941%
Folate (500 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) (0.5% hypericin)	300 mg	†
L-Theanine	200 mg	†
5-Hydroxytryptophan (5-HTP) (from Griffonia simplicifolia Extract)(seed)	150 mg	†
Ashwagandha Extract (root and leaf) (10% withanolides)(Sensoril®)	125 mg	†
Rhodiola Extract (root)(3% roseosins)	100 mg	†

† Daily Value (DV) not established

Other Ingredients: Gelatin, rice flour, maltodextrin, dicalcium phosphate, magnesium stearate and silica.

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**PRECAUTIONS:** Consult your healthcare professional prior to 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. 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 (59-86°F (15-30°C), 40% RH).

Sensoril® ashwagandha extract is protected under U.S. Patent No. 7,318,508 and is a registered trademark of Natracor, Inc.

www.LUMIDAY.com

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