

Lumina is designed to support healthy mental function and relaxation—issues related to proper focus, attention, learning, and memory—through modulating the metabolism of neurotransmitters such as dopamine, gamma-aminobutyric acid (GABA), and norepinephrine.*

- Dopamine, GABA, and norepinephrine metabolism are implicated in brain functions such as focus, attention, motivation, learning, and memory.*
- Features LactiumPure†, a patented, bioactive decapeptide that has been shown to support relaxation and a healthy stress response, possibly by influencing GABA.*
- Provides theanine and DHA, which preliminary research suggests may positively influence the metabolism of neurotransmitters such as dopamine, GABA, and norepinephrine.*
- Designed to act centrally, within the brain, this formula features DHA and LactiumPure†—which research suggests are able to cross the blood-brain barrier—along with theanine for targeted neurological support.*

Two softgels supply:

Calories	11
Calories from Fat	11
Total Fat	1 g
Cholesterol	<5 mg
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

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

Recommendations: Two softgels daily or as recommended by your healthcare practitioner.

Form: 60 Softgel Bottle

† LactiumPure™, a pure, undiluted, bioactive decapeptide complex derived from casein, a milk fraction.