

hello, lovely.

Add a touch of pure beauty brilliance to your routine with the clinically studied & unique ingredient blends of luster & lūm™.

Find your beauty boost at  
[lusterandlum.com](http://lusterandlum.com)

#### THE GNC DIFFERENCE

luster & lūm™ is formulated by the leader in superior nutritional supplements: GNC. Since 1935, we have set the industry standard & delivered high-quality products. We stand by our solutions, & if you're not 100% satisfied, we will issue a refund. For complete details, visit [GNC.com](http://GNC.com).

harmony for your hormones.

A triple threat of "treat yourself" – support hormonal balance, sexual well-being & skincare all at once.\*

Formulated with evening primrose oil (EPO), Defy helps to regulate hormonal balance, & it has clinically studied Libifem® fenugreek extract to support sexual wellness & mood swings. It also contains NutroxBio®, which is clinically shown to support smooth, healthy-looking skin, & hyaluronic acid for skin elasticity. Plus, it features clinically studied antioxidants from Extramel® French melon concentrate to support overall well-being.\*

gluten free • no artificial colors • non-GMO

luster  
& lūm™  
defy

beyond balance

Clinically studied ingredients  
& EPO to support hormonal wellness,  
sexual health & beautiful skin\*

DIETARY SUPPLEMENT  
120 CAPSULES  
30-DAY SUPPLY

by **GNC**

CODE 611236

JUG

**DIRECTIONS:** As a dietary supplement, take two capsules twice daily – two capsules in the morning and two capsules in the evening.

## Supplement Facts

Serving Size Two Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value
Libifem® Fenugreek Seed Extract ( <i>Trigonella foenum-graecum</i> )	300 mg*
Evening Primrose Seed Oil ( <i>Oenothera biennis</i> )	150 mg*
NutroxBio® Grapefruit Fruit Extract ( <i>Citrus paradisi</i> ) Rosemary Leaf Extract ( <i>Rosmarinus officinalis</i> )	100 mg*
Hyaluronic Acid	15 mg*
Extramel® French Melon Fruit Concentrate ( <i>Cucumis melo</i> )	10 mg*

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Vegetable Cellulose Capsule, Corn Syrup Solids, Hydroxypropylcellulose, Silicon Dioxide, Magnesium Stearate Vegetable Source, Calcium Silicate.

**Distributed by:**  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.

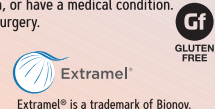
No Sugar, No Artificial Colors,  
No Artificial Flavors, Sodium Free,  
No Wheat, Gluten Free, No Soy,  
No Dairy.

**KEEP OUT OF REACH CHILDREN.**

Store in a cool, dry place.

For More Information:  
1-888-462-2548

[lusterandlum.com](http://lusterandlum.com)



\* 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.