



Full Spectrum® 14 Mushroom Complex

Made with
Organic Mushrooms
Herbal Supplement

60 veggie capsules



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one veggie capsule one to two times per day with water.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medications or have a medical condition. Discontinue use if unusual symptoms occur.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Organic Mushroom Blend.....	490 mg*
Blazei Mushroom (Agaricus blazei) (mycelium)	35 mg*
Caterpillar Mushroom (Bionectria ochroleuca isolated from Cordyceps sinensis) (mycelium)	35 mg*
Chaga Mushroom (Inonotus obliquus) (mycelium)	35 mg*
Fuling Mushroom (Poria cocos) (mycelium)	35 mg*
Lion's Mane Mushroom (Hericium erinaceus) (mycelium)	35 mg*
Maitake Mushroom (Grifola frondosa) (mycelium)	35 mg*
Mesimakobu Mushroom (Phellinus linteus) (mycelium)	35 mg*
Oyster Mushroom (Pleurotus ostreatus) (mycelium)	35 mg*
Reishi Mushroom (Ganoderma lucidum) (mycelium)	35 mg*
Shiitake Mushroom (Lentinula edodes) (mycelium)	35 mg*
Turkey Tail Mushroom (Coriolus versicolor) (mycelium)	35 mg*
Willow Bracket Mushroom (Phellinus igniarius) (mycelium)	35 mg*
White Wood Ear Mushroom (Tremella fuciformis) (mycelium)	35 mg*
Zhuling Mushroom (Polyporus umbellatus) (mycelium)	35 mg*

*Daily Value not established.

Other ingredients: Pulum (vegetable-derived polysaccharide) (vegetable capsule), organic brown rice flour, rice bran extract.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

Certified Organic by Minnesota Crop Improvement Association (MCIA),
St. Paul, MN 55108.



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