

Mental Clarity[†]Focus & Alertness[†]

BRAIN FUEL

THE SMART MUSHROOM SUPERFOOD.

Calm your mind and spark clarity with an expertly curated blend of Lion's Mane and Reishi, plus Folate, one of the body's key building blocks.[†]

No artificial or synthetic ingredients.

Tested for heavy metals.

Complete transparency ID testing.

Certified Kosher by Earthkosher.

REV# 28000-001



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More



Ideas

@ommushrooms &
Ommushrooms.com

**30**
DAY SUPPLYMUSHROOM
SUPERFOOD**Om**

BRAIN FUEL

POWERED BY LION'S MANE + FOLATE

MUSHROOM SUPERFOOD
DAILY BOOST CAPSULES

DIETARY SUPPLEMENT



GLUTEN FREE



VEGAN

NO SUGAR
ADDED

GROWN IN USA

90 VEGETARIAN CAPSULES | 667 MG PER CAPSULE

Suggested Use: Take three (3) capsules per day
with a glass of water.

Supplement Facts

Serving Size: 3 capsules (2001mg)

Servings Per Container: 30

	Amount Per Serving	% DV
Folate	800mcg	200%

100% Organic Om

Mushroom Blend:

2000mg

†

Lion's Mane (*Hericium erinaceus*) and Reishi
(*Ganoderma lucidum*) mycelial biomass and fruit
body powder cultured on organic whole oats.

† Daily Value not established

Other Ingredients: Vegetable Cellulose (capsule)

Take as directed. If you have a medical condition, are on
medication or are pregnant or nursing, please seek the direction
of a qualified health care professional before using.

KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place.



KETO-FRIENDLY



KOSHER



PALEO-FRIENDLY

Produced by M2 Ingredients:

Carlsbad, CA 92008

Distributed by Om: 5931 Priestly Dr. #101

Carlsbad, CA 92008

WE GROW OUR OM.

We grow a diverse range of organic mushroom species at
our indoor farm in California and capture the complete
nutritional value of the growing cycle. Whole food
mushrooms are important because they provide a full
spectrum of active compounds to support optimal health.
So you can bet your beta glucans they're effective.

What's a beta glucan? Find out @ommushrooms.com

WHY MUSHROOMS?

Did you know? Mushrooms are the superfoodie of
superfoods. They contain many unique bioactive
nutrients that can't be found in animal or plant
sources alone. Each serving of Om provides
2,000mg of organic mushroom powder:

- ✓ Whole Food Nutrition
- ✓ Beta Glucans and Prebiotics
- ✓ No Added Sugars or Fillers

[†]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.