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# Sound Mind, Strong Body\*

When keeping your body healthy, don't forget your brain. **BRAIN & BODY™** includes organic Turmeric and Ginger, used for centuries to support whole body health.\* Reishi

*Paul Stamets*

("the mushroom of immortality") supports heart health\* while Lion's Mane mycelium ("the smart mushroom") promotes mental acuity and brain health.\*

\*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.

Suggested Use: Adults take 1 tsp. 1-2 times per day, which can be mixed into your favorite food or beverage

HOST DEFENSE® *Mycobotanicals*

# BRAIN & BODY™

## Support for a Sound Mind & Body\*

**Lion's Mane • Turmeric • Reishi • Ginger**

Dietary Supplement

Net Wt 3.5 oz (100g)



**Supplement Facts** Servings: About 33 Serving size: 1 level tsp. (3 g). Amount Per Serving: Calories 10, Total Carb. 2g (<1% DV\*), Vit. D 1mcg (5% DV), Iron .39mg (2% DV)

Lion's Mane (*Hericium erinaceus*) mycelium‡ 1.5gt, Turmeric (*Curcuma longa*) root‡ 600mg†, Reishi (*Ganoderma lucidum* s.l.) mycelium‡ 600mg†, Ginger (*Zingiber officinale*) root‡ 150mg†, Cinnamon bark‡ 148.5mg†, Black Pepper (*Piper nigrum*) fruit‡ 1.5mg†

Percent Daily Values are based on a 2,000 calorie diet  
†Daily value not established ‡Certified Organic

**Other ingredients: myceliated brown rice‡**

Grown & distributed by Fungi Perfecti, LLC, PO Box 7634, Olympia, WA 98507 USA. Toll Free: 877.504.6926 HOSTDEFENSE.COM  
Certified Organic by the Washington State Department of Agriculture  
NP88100G REV A1