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## The Power of Mushroom Mycelium

Mushroom mycelium is Earth's natural internet. This network of threads permeates soil and plants throughout the world, supporting the health of our ecosystem, culminating in the formation of mushroom fruiting bodies.

*Paul Stamets*  
**Stamets 7<sup>®</sup>** is the mycelium from seven well-studied mushrooms, blended into a single daily immune support formula.\* Freeze drying ensures optimized health-supporting power!\*

Grown Under the Direct Supervision of Paul Stamets, D.Sc.

\*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 1/2 tsp. 1-3 times per day, which can be mixed into your favorite food or beverage.



U.S. GROWN • FREEZE-DRIED • HEAT TREATED

HOST DEFENSE<sup>®</sup> *Mushrooms*

# STAMETS 7<sup>®</sup>

Mushroom Mycelium Powder



**DAILY IMMUNE SUPPORT<sup>\*</sup>**

Dietary Supplement

Net Wt 3.5 oz (100 g)

## Supplement Facts

Serving Size: Level 1/2 tsp (1.5 g)  
Servings Per Container: About 66

| Amount Per Serving   | % Daily Value | Amount Per Serving                                      | % Daily Value |
|--|---------------|---|---------------|
| Calories   | 5             | Reishi<br>( <i>Ganoderma lucidum</i> s.l.) mycelium ‡   | 214 mg †      |
| Total Carbohydrate   | 1 g <1%*      | Maitake<br>( <i>Grifola frondosa</i> ) mycelium ‡       | 214 mg †      |
| Vitamin D  | 1 mcg 5%      | Lion's Mane<br>( <i>Hericium erinaceus</i> ) mycelium ‡ | 214 mg †      |
| Royal Sun Blazei<br>( <i>Agaricus brasiliensis</i> f. <i>blazei</i> ) mycelium ‡ | 214 mg †      | Chaga<br>( <i>Inonotus obliquus</i> ) mycelium ‡        | 214 mg †      |
| Cordyceps<br>( <i>Cordyceps militaris</i> ) mycelium ‡                           | 214 mg †      | Mesima<br>( <i>Phellinus linteus</i> ) mycelium ‡       | 214 mg †      |

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

Other ingredients: dried 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



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Rev A1