



Adaptogens[‡]



Neurotransmitters[‡]

FIND YOUR ZEN

Traditional herbalists have used the adaptogenic support of Reishi mushrooms and Ashwagandha for centuries to help the body cope with everyday physical, mental and emotional stress. KSM-66® Ashwagandha has been clinically studied and shown to reduce cortisol levels, feelings of stress and anxiousness, while combating fatigue, sleeplessness and stress-related food cravings. Vitamin B6 helps the body make neurotransmitters such as calming serotonin. GABA is an amino acid that acts as a neurotransmitter to help prevent stress-related messages from reaching the motor centers of the brain.[‡]

WE GROW OUR OM.

We grow a diverse range of 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 at OmMushrooms.com

- ✓ Whole Food Nutrition
- ✓ Beta Glucans and Prebiotics
- ✓ Tested for Heavy Metals



[§]See Supplement Facts

[‡]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.

30
DAY SUPPLY

CLINICALLY PROVEN
TO REDUCE FEELINGS
OF STRESS[‡]

MUSHROOM
SUPERFOOD

Om[®]

GENTLY ZEN POWERED BY REISHI WITH ASHWAGANDHA & GABA MUSHROOM SUPERFOOD DAILY BOOST CAPSULES

DIETARY SUPPLEMENT



GLUTEN FREE



USA GROWN
MUSHROOMS

90 VEGETABLE CAPSULES

Supplement Facts

Serving Size: 3 capsules

Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin D3 (as cholecalciferol)	15mcg (600 IU)	75%
Vitamin B6 (as pyridoxine HCl)	2mg	118%
Magnesium (as amino acid chelate)	42mg	10%
Certified Organic Mushroom Powder Blend:	1.5g	†
Organic Reishi (<i>Ganoderma lucidum</i>) mycelial biomass & fruit body.	300mg	†
Vegan KSM-66® Ashwagandha Root Extract, GABA (gamma aminobutyric acid from microbial fermentation), Natural L-Theanine (from green tea extract).		

† Daily Value (DV) Not Established

Other Ingredients: Vegetable Cellulose (capsules), Organic Myceliated Oats. 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 reach of children. Store in a cool, dry place.

Produced by: M2 Ingredients Carlsbad, CA 92008 | Distributed by: Om 5931 Priestly Dr. #101 Carlsbad, CA 92008



CERTIFIED KOSHER
BY EARTH KOSHER



KETO-FRIENDLY



PALEO-FRIENDLY



Ideas

@ommushrooms &
OmMushrooms.com



8

50011

99601

REV# 61130-000