



Manage
Stress[‡]



Sleep
Well[‡]



Wake
Refreshed[‡]

GOOD NIGHT'S SLEEP

Manage the stress of the day with Om Reishi superfood mushrooms, GABA, L-Theanine and magnesium to wind down for a good night's sleep. Taking drug-free, non-habit forming melatonin before bed helps increase the amount of time spent in REM sleep and improves sleep quality to help you wake up feeling refreshed.[‡]

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

DRUG FREE &
NON-HABIT FORMING[‡]

MUSHROOM
SUPERFOOD

Om[®]

SLEEP

POWERED BY REISHI
WITH GABA, L-THEANINE & MELATONIN
MUSHROOM SUPERFOOD
DAILY BOOST CAPSULES

DIETARY SUPPLEMENT



GLUTEN FREE



VEGAN



USA GROWN
MUSHROOMS

90 VEGETABLE CAPSULES

Suggested Use: Take three (3) capsules with a glass of water 30 to 60 minutes before bedtime.

Supplement Facts

Serving Size: 3 capsules

Servings Per Container: 30

	Amount Per Serving	% DV
Magnesium (as amino acid chelate)	42mg	10%
Certified Organic Mushroom Powder Blend:	1.5g	†
Organic Reishi (<i>Ganoderma lucidum</i>) mycelial biomass & fruit body.		
Restful Sleep Proprietary Blend:	266mg	†
GABA (gamma aminobutyric acid from microbial fermentation), Natural L-Theanine (from green tea extract), Organic Lemon Balm Powder		
Melatonin	4mg	†

† Daily Value (DV) Not Established

Other Ingredients: Vegetable Cellulose (capsules), Organic Myceliated Oats.

Caution: Take as directed. For adults only at bedtime. Not for pregnant or nursing women. Keep out of reach of children. May cause drowsiness. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Consult your physician if you are taking medication (especially sedatives and anti-depressants) or have a medical condition (including depression, epilepsy, and high blood pressure). Store in a cool, dry place.

Produced by: M2 Ingredients Carlsbad, CA 92008

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CERTIFIED KOSHER
BY EARTH KOSHER



KETO-FRIENDLY



PALEO-FRIENDLY



Ideas

@ommushrooms &
OmMushrooms.com

Drug Free & Non-Habit
Forming Formulation[‡]

