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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 (100 g)



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† 1.5g†, 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‡

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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