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Settle the Mind & Body*

Sometimes we all need a little help unwinding at the end of the day. **COMPLETE CALM™** supports relaxation and the body's ability to reset from stress.* The freeze-dried mycelium of Lion's

Paul Stamets

Mane promotes a balanced mood, while Skullcap and Passion Flower calm the nervous system.* Holy Basil (also known as Tulsi) rounds out this formula as a stress-modulating adaptogen.*

*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.

Caution: May cause drowsiness. Keep out of reach of children.



HOST DEFENSE® MycoBotanicals®

COMPLETE CALM™

Promotes Rest & Relaxation*

Lion's Mane • Skullcap • Passion Flower



Dietary Supplement
Net Wt 3.5 oz (100 g)



Supplement Facts

Serving size: 1 level tsp. (3 g) Servings: About 33
Amount per serving: Total Carb. <1g (<1% DV*)

Lion's Mane (*Hericium erinaceus*) mycelium‡ 660mg‡, Skullcap (*Scutellaria laterifolia*) aerial parts‡ 600mg‡, Holy Basil (*Ocimum tenuiflorum*) aerial parts‡ 600mg‡, Passion flower (*Passiflora incarnata*) aerial parts‡ 450mg‡, California Poppy (*Eschscholzia californica*) aerial parts‡ 360mg‡, Reishi (*Ganoderma lucidum* s.l.) mycelium‡ 330mg‡

* Percent Daily Values (DV) 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
NPCC100G REV B1