

DIRECTIONS: For adults, take two (2) capsules daily, preferably with a meal.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid excessive exposure to sun and other sources of ultraviolet light when using this product. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 21356
www.puritan.com
 1-800-645-1030

Carefully Manufactured for
 PURITAN'S PRIDE, INC.
 Ronkonkoma, NY 11779 U.S.A.
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 B21356 00A



 Puritan's Pride

Mushroom COMPLEX

— with Ashwagandha —

Blend of
Mushrooms
Plus Herbs

DIETARY SUPPLEMENT

60 Capsules

Supplement Facts

Serving Size 2 Capsules
 Servings Per Container 30

Amount Per Serving	%Daily Value
Mushroom Complex Synergy Blend	502 mg *
(Chaga (<i>Inonotus obliquus</i>) (sclerotium), Reishi Extract (<i>Ganoderma lucidum</i>) (fruitbody), Cordyceps (<i>Cordyceps sinensis</i>) (fruitbody), Maitake Extract (<i>Grifola frondosa</i>) (fruitbody))	
Herbal Synergy Blend	274 mg *
(Turmeric Extract (<i>Curcuma longa</i>) (root), Astragalus Extract (<i>Astragalus membranaceus</i>) (root), Schizandra (<i>Schisandra chinensis</i>) (fruit))	
Herbal Blend	300 mg *
(Ashwagandha Extract (<i>Withania somnifera</i>) (root), Holy Basil Extract (<i>Ocimum sanctum</i>) (leaf), St. John's Wort Extract (<i>Hypericum perforatum</i>) (whole herb))	

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Rice Flour.
 Contains <2% of: Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives,
 No Sugar, No Milk, No Lactose, No Soy, No Gluten, No
 Wheat, No Yeast, No Fish. Sodium Free.