

**USAGE:** Take 3 capsules per day or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Mushroom Optimizer®** is a superior blend of 7 mushroom species grown on organic brown rice. The mushrooms are specifically selected to complement each other in supporting the immune system, cell function and endurance.\*

Mushroom Optimizer® contains biologically active folate 5-MTHF (5-methyltetrahydrofolate) along with a spectrum of polysaccharides.\*

Keep out of the reach of children.

\* 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.

Lot #. Best Used Before:

**Jarrow**  
F O R M U L A S

Rich in 5-MTHF, Activated Folates  
7 Mushroom Super Blend Grown on Organic Brown Rice

# Mushroom Optimizer®

Supports Immune Function\*  
and Energy Level\*

90  
CAPSULES

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 3 Capsules

Servings Per Container 30

|                                                   | Amount Per Serving | % DV |
|---------------------------------------------------|--------------------|------|
| Folic Acid and 5-MTHF (5-methyltetrahydrofolate)  | 90 mcg             | 23%  |
| Mushroom Blend                                    | 1500 mg            |      |
| <i>Cordyceps sinensis</i> (Cordyceps)             |                    |      |
| <i>Tremella fuciformis</i> (White Wood Ear)       |                    |      |
| <i>Coriolus versicolor</i> (Turkey Tail, Yun Zhi) |                    |      |
| <i>Ganoderma lucidum</i> (Ling-Zhi, Reishi)       |                    |      |
| <i>Grifola frondosa</i> (Maitake)                 |                    |      |
| <i>Lentinula edodes</i> (Shiitake)                |                    |      |
| <i>Agaricus blazei</i> (Himematsutake)            |                    |      |

† Daily Value not established.

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

U.S. Patent # 7,354,590

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Distributed Exclusively by:  
**Jarrow FORMULAS®**

Superior Nutrition and Formulation™

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