

MUSHROOM
SUPERFOOD

Om

MASTER BLEND

PLANT-BASED PROTEIN

21G PLANT PROTEIN

10 MUSHROOM SPECIES

3 BOTANICAL ADAPTOGENS

FOR OPTIMAL HEALTH AND RECOVERY†

CREAMY
VANILLA

WITH OTHER
NATURAL FLAVORS



DIETARY SUPPLEMENT POWDER | NET WT. 18.27OZ (1.14LB) 518G

NO ADDED SUGAR



PACKAGED WITH
RECYCLED MATERIALS

MASTER BLEND

PLANT-BASED PROTEIN

Supercharge your recovery and help satisfy hunger with Master Blend Superfood Protein†

LION'S MANE: Supports memory, focus, clarity and nerve health†

REISHI: Helps manage occasional physical and mental stress†

CORDYCEPS: Helps elevate energy, vitality and endurance†

TURKEY TAIL: One of the most researched functional mushrooms for immune health support†

CHAGA: Helps outsmart free radicals for healthy aging at any age†

KING TRUMPET: Contains master antioxidant L-Ergothioneine a naturally occurring amino acid found only in a few sources†

MAITAKE: Helps support gut health and healthy blood sugar†

ANTRODIA CAMPHORATA: Researched for its immune and liver health support†

SHIITAKE: Not just a tasty culinary mushroom! This mushroom has many functional benefits including detox support†

AGARICUS BLAZE: Sometimes called the Mushroom of Life. Known for its beneficial polysaccharide compounds†

BOTANICAL ADAPTOGENS: Ashwagandha, Turmeric and Ginkgo biloba used in traditional medicine to help manage occasional stress, pain, and inflammation, improve energy level, elevate mood and support physical and cognitive health†

PEA PROTEIN: Contains all 9 essential amino acids including BCAAs necessary for maintaining a healthy, well-functioning body†

BROWN RICE PROTEIN: Complements pea protein with its higher level of methionine, which is essential for the synthesis of proteins†

PUMPKIN SEED PROTEIN: Source of nutritious, easy-to-digest protein that helps support the body's levels of iron and other minerals†

VITAMIN C: Rich in Vitamin C, an essential cofactor for collagen synthesis of naturally occurring amino acids found in protein†

VITAMIN B12: Rich in Vitamin B12 to help support synthesis & metabolism of protein into usable energy†

PAPAIN: Digestive enzyme found naturally in the fruit of the papaya plant (Carica papaya) helps break down protein in the body. Traditionally used as a remedy to aid digestion and help manage pain, inflammation, and swelling†

BLACK PEPPER: Black pepper has been traditionally used in combination with turmeric to help manage the impact of wear and tear, pain and discomfort associated with exercise. BioPerine® is a premium, patented extract standardized to 95% piperine from sustainably-grown black pepper (Piper nigrum).

HOW TO USE

Consume within 30 to 45 minutes after workout. Mix two heaping scoops with 12oz or more cold water, or your favorite non-dairy milk, or add to smoothies. Do not consume dry powder without first adding water.

2 HEAPING SCOOPS



TYPICAL AMINO ACID PROFILE PER SERVING

ALANINE	1.21G	LYSINE	1.77G
ARGININE	2.29G	METHIONINE	0.41G
ASPARTIC ACID	2.96G	PHENYLALANINE	1.43G
CYSTINE	0.50G	PROLINE	1.21G
GLUTAMIC ACID	4.49G	SERINE	1.29G
GLYCINE	1.15G	THREONINE	0.97G
HISTIDINE	0.80G	TRYPTOPHAN	0.29G
ISOLEUCINE	1.16G	TYROSINE	0.95G
LEUCINE	2.17G	VALINE	1.44G

4.77G BCAAS PER SERVING

WARNING: This product can expose you to chemicals including Lead which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov/food.

†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.

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Supplement Facts

Serving Size 37 grams (approx. 2 heaping scoops)
Servings Per Container 14

	Amount Per Serving	% DV
Calories	160	
Total Fat	5g	6%*
Saturated Fat	1g	5%*
Total Carbohydrate	6g	2%*
Dietary Fiber	3g	11%
Total Sugars	0g	†
Includes 0g Added Sugar		0%*
Protein	21g	
Vitamin C (as ascorbic acid)	500mg	556%
Vitamin B12 (as methylcobalamin)	6mcg	250%
Calcium	55mg	4%
Iron	15mg	83%
Phosphorus	425mg	34%
Magnesium	11mg	3%
Manganese	0.1mg	3%
Chloride	185mg	8%
Sodium	350mg	15%
Potassium	45mg	<1%
Complete Protein & Collagen Builder Blend	21.5g	†
Organic Pea Protein Isolate, Organic Brown Rice Protein Isolate, Organic Pumpkin Seed Protein, Ascorbic Acid		
Certified Organic Mushroom Master Blend	2g	†
Organic Lion's Mane (<i>Herichium erinaceus</i>) mycelial biomass & fruit body, Organic Reishi (<i>Ganoderma lucidum</i>) mycelial biomass & fruit body, Organic Cordyceps (<i>Cordyceps militaris</i>) mycelial biomass & fruit body, Organic Turkey Tail (<i>Trametes versicolor</i>) mycelial biomass & fruit body, Organic Chaga (<i>Inonotus obliquus</i>) mycelial biomass & fruit body, Organic King Trumpet (<i>Pleurotus eryngii</i>) mycelial biomass & fruit body, Organic Maitake (<i>Grifola frondosa</i>) mycelial biomass & fruit body, Organic Antrodia (<i>Antrodia camphorata</i>) mycelial biomass, Organic Shiitake (<i>Lentinula edodes</i>) mycelial biomass & fruit body and Organic Himematsutake (<i>Agaricus blazei</i>) mycelial biomass & fruit body		
Certified Organic Reishi (<i>Ganoderma lucidum</i>) Extract (Std. to 35% Beta Glucans)	150mg	†
Certified Organic Adaptogen Blend	150mg	†
Organic Ashwagandha Root Powder, Organic Turmeric Root Extract, Organic Ginkgo biloba Leaf Powder		
Papain (from papaya) (2 USP/mg)	50mg	†
Black Pepper Extract (Std. to 95% Piperine)	15mg	†

*Percent Daily Values (DV) are based on a 2,000-calorie diet
† Daily Value (DV) Not Established

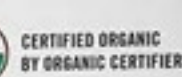
Other Ingredients: Organic High Oleic Sunflower Oil Powder (Organic Sunflower Oil High Oleic, Organic Gum Arabic), Organic Sunflower Lecithin, Organic Natural Flavors with Other Natural Flavors, Organic Guar Gum, Sea Salt, Organic Stevia Leaf Extract, Organic Myceliated Oats.

Made without eggs, dairy, fish, crustacean shellfish, tree nuts, wheat, or gluten. Manufactured in a facility that also processes egg, milk, soy and tree nuts.

Take as directed. If you have a medical condition, are on medication or are pregnant or nursing, please seek the direction of a qualified health care professional before using. Store in a cool, dry place.

Notice: Contents packed by weight not by volume. Some settling may occur.

Produced by: M2 Ingredients 5831 Priestly Dr. #101, Carlsbad, CA 92008
Distributed by: Om Mushroom Superfood 5931 Priestly Dr. #101, Carlsbad, CA 92008



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