

**DIRECTIONS:**

As a dietary supplement, take 2 capsules once per day. Can be taken with food or on an empty stomach or as recommended by your healthcare professional.

Caution: If you have a medical condition, are taking medications, or are pregnant or breastfeeding, consult a healthcare professional before using this product. Keep out of 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.

HOST DEFENSE<sup>®</sup>  
*Mushrooms*<sup>™</sup>  
made with organic mushroom mycelium

BREATHE<sup>\*</sup>

CHAGA • CORDYCEPS • REISHI



GLUTEN FREE & VEGAN

60 CAPSULES

DIETARY SUPPLEMENT



HEALTHY RESPIRATORY  
SUPPORT<sup>\*</sup>

**Supplement Facts**

Serving Size: 2 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	<1g	<1% <sup>0</sup>
Chaga ( <i>Inonotus obliquus</i> ) mycelium <sup>‡</sup> /fermented brown rice biomass <sup>‡</sup>	340mg	†
Cordyceps ( <i>Cordyceps militaris</i> ) mycelium <sup>‡</sup> /fermented brown rice biomass <sup>‡</sup>	340mg	†
Reishi ( <i>Ganoderma lucidum</i> s.l.) mycelium <sup>‡</sup> /fermented brown rice biomass <sup>‡</sup>	340mg	†

◊ Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Other Ingredients: Pullulan (capsule).

‡ Certified Organic

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CERTIFIED ORGANIC BY THE WSDA



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