

Lion's Mane is ideal for anyone seeking cognition, memory, and mood support. Long-renowned for supporting the nervous system, studies also show that Lion's Mane can increase Nerve Growth Factor.*

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[®] Mushrooms[™] made with organic mushroom mycelium

LION'S MANE



GLUTEN FREE & VEGAN

60 CAPSULES

DIETARY SUPPLEMENT

MEMORY & NERVE SUPPORT[™]



Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate	<1g <1% [‡]
Lion's Mane (<i>Hericium erinaceus</i>) mycelium [‡] /fermented brown rice biomass [‡]	1g †

[‡] 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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PO BOX 7634, OLYMPIA, WA 98507 USA

877-504-6926 HOSTDEFENSE.COM

Certified Organic by
the Washington State
Department of Agriculture.



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