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POWERED BY MUSHROOM MYCELIUM™
BRAIN & BODY™ is the perfect blend for
 whole-body wellness and a balanced
 immune response. Sustainably grown in
 the USA under the supervision of Paul Stamets, our
 mushroom mycelium is cultured on organic brown rice. This
 bioavailable powder has a mild flavor and can be mixed in
 your favorite recipe. * **DIRECTIONS:** Adults take 1 tsp. daily.
 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.

Paul Stamets



* 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™* superfood mushroom mycelium & herbs MYCOBOTANICALS® **BRAIN & BODY™**

LION'S MANE • TURMERIC • REISHI • GINGER • CASSIA

SUPPORT FOR A SOUND MIND & BODY™
 DIETARY SUPPLEMENT POWDER

NET WT. 3.5 oz (100g)



Supplement Facts

Serving Size: 1 tsp. (3g)
 Servings Per Container: About 33

Amount Per Serving	% DV
Calories	10
Total Carbohydrate	2g <1%
Iron	0.33mg 2%
Lion's Mane (Hericium erinaceus) mycelium/rice biomass†	1.5g †
Turmeric (Curcuma longa) root†	600mg †
Reishi (Ganoderma lucidum s.l.) mycelium/rice biomass†	600mg †
Ginger (Zingiber officinale) root†	150mg †
Cassia (Cinnamomum cassia) bark†	148.5mg †
Black Pepper (Piper nigrum) fruit†	1.5mg †

% Percent Daily Values (DV) are based on a 2,000 calorie diet
 † Daily Value (DV) not established

† Certified Organic

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CERTIFIED ORGANIC BY THE USDA

