



Maca Root



Ashwagandha



Lion's Mane Mushroom

Warning: If you are pregnant or nursing, consult your physician before taking this product. Do not use if you are under 18 years old. Please consult with a medical professional before using any dietary supplement.

*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.

Your Solution For Overall Cognitive Health.*

A powerful blend of herbs and mushrooms that have been used for centuries to support cognitive health and help ease stress.*

Our Story: Peak and Valley was created by Nadine Joseph, a neuroscientist who wanted to share her passion for herbs and fungi. She now travels worldwide to source botanicals from family-owned organic farms for you with love.

Peak + Valley



Nourish My Brain

Adaptogen Blend

Ingredients support cognitive health and help balance stress*

90 Vegetarian Capsules, 30 Day Supply
Herbal Supplement

Mindfully Sourced Herbs & Fungi

Adults take 3 capsules daily.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving		% DV
Organic Lion's Mane (<i>Hericium erinaceus</i>) Extract (Fruiting body)	500 mg	†
Organic Ashwagandha (<i>Withania somnifera</i>) Extract (Root)	500 mg	†
Organic Tremella (<i>Tremella fuciformis</i>) Extract (Fruiting body)	350 mg	†
Organic Maca (<i>Lepidium meyenii</i>) Extract (Root)	100 mg	†

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

† Daily Value not established.

Other ingredients: Hypromellose (Vegetarian Capsule), Organic Rice Hull Concentrate



✓ 3rd Party Lab Tested

Peak and Valley - Seattle WA 98121