

## INGREDIENTS

Organic Lion's Mane mushroom  
(*Hericium Coralloides*) myceliated substrate

Per serve	2g	100g
Energy	34kj	1680kj
Protein	<1g	9.8g
Fat, total	<1g	3.2g
- saturated	<1g	0.8
Carbohydrate	1.6g	80g
Sodium	<1mg	2.1mg

Take 4 capsules after your first  
meal of the day



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AUSTRALIAN  
GROWN



WHOLE  
FOOD

Forest Super Foods  
**LION'S MANE  
MUSHROOM**

AUSTRALIAN ORGANIC WHOLE MUSHROOM

THE MOST POTENT LION'S MANE IN AUSTRALIA

120X VEG CAPSULES

FORESTSUPERFOODS.COM.AU

## WHAT'S SO GREAT ABOUT OUR LION'S MANE?

Our Lion's Mane is grown, dried and packaged in Victoria, Australia. Which means you can be confident that it has not been exposed to polluted air, water or soil. Our Lion's Mane is freeze-dried to ensure the highest possible nutritional density of the finished product.

Lion's Mane is best known for its ability to help boost productivity and reduce brain fog. The myceliated substrate is a probiotic that can promote good gut health.

SCAN FOR  
MORE INFO



### DITARY WARNING

We recommend always consulting a health care practitioner before making changes to your diet

\* May include traces of brown rice (the growing medium for the mushroom.)

