

HOST DEFENSE®
Mushrooms™
MYCOBENEFITS®

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.

BEAUTY
NATURAL RADIANT GLOW*

*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.

ENOKI
HYALURONIC ACID
CHAGA
BIOTIN

MUSHROOM
MYCELIUM
COMPLEX

60 CAPSULES

DIETARY SUPPLEMENT

NON-GMO • VEGAN • GLUTEN FREE

Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Calories	5	
Biotin	1000mcg	3333%
Sodium	15mg	1%
Enokitake (<i>Flammulina velutipes</i>) mycelium [†] /fermented brown rice biomass [‡]	250mg	†
Hyaluronic Acid (as Sodium Hyaluronate)	215mg	†
Chaga (<i>Inonotus obliquus</i>) mycelium [†] /fermented brown rice biomass [‡]	150mg	†
Reishi (<i>Ganoderma lucidum</i> s.l.) mycelium [†] /fermented brown rice biomass [‡]	150mg	†
Fruit Blend [†] (Strawberry [†] ; Raspberry [†] ; Blueberry [†] ; Tart Cherry [†] ; Elderberry [†] ; Cranberry [†])	60mg	†
Bamboo Shoot Extract (Silica 37.5mg)	50mg	†

† Daily Value not established

Other Ingredients: Dicalcium phosphate, Pullulan (capsule).
‡ Organic

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