

HOST DEFENSE®
Mushrooms™
MYCOBENEFITS®

FOCUS*

ATTENTION* • CLARITY* • CONCENTRATION*

MUSHROOM
MYCELIUM
COMPLEX

60 CAPSULES

DIETARY SUPPLEMENT

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.

B VITAMINS
LION'S MANE
REISHI
CORDYCEPS

NON-GMO • VEGAN • GLUTEN FREE

Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
Thiamine (Vitamin B ₁) (as Thiamine Mononitrate) 3mg	250%
Riboflavin (Vitamin B ₂) (as Riboflavin-5-Phosphate) 2mg	154%
Niacin (as Inositol Hexanicotinate) 50mg	313%
Vitamin B ₆ (as Pyridoxal-5-Phosphate Monohydrate) 3mg	176%
Folate (as L-5-Methyltetrahydrofolate Calcium) 400mcg DFE	100%
Vitamin B ₁₂ (as Methylcobalamin) 500mcg	20833%
Biotin 100mcg	333%
Choline (as Choline Bitartrate) 100mg	18%
L-Taurine	200mg †
Cordyceps (<i>Cordyceps militaris</i>) mycelium [‡] /rice biomass [‡]	150mg †
Lion's Mane (<i>Hericium erinaceus</i>) mycelium [‡] /rice biomass [‡]	150mg †
Reishi (<i>Ganoderma lucidum</i> s.l.) mycelium [‡] /rice biomass [‡]	150mg †

† Daily Value not established

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

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