

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, gastrointestinal disorder, or are taking medications (esp. antidepressants) consult a physician before using this product. May cause drowsiness. Not intended for use if pregnant or breastfeeding. Keep out of reach of children.

MOOD*

PEACEFUL* • CENTERED* • TRANQUIL*

ASHWAGANDHA
REISHI
LION'S MANE
L-THEANINE

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
Ashwagandha (<i>Withania somnifera</i>) root extract†	250mg †
Holy Basil (<i>Ocimum sanctum</i>) aerial part extract†	200mg †
Lion's Mane (<i>Hericium erinaceus</i>) mycelium†/fermented brown rice biomass†	200mg †
Reishi (<i>Ganoderma lucidum</i> s.l.) mycelium†/fermented brown rice biomass†	200mg †
L-Theanine	100mg †
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> seed extract)	50mg †

† Daily Value not established

Other Ingredients:
Pullulan (capsule).
‡ Organic

DISTRIBUTED BY FUNGI PERFECTI, LLC
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*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.

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