

HOST DEFENSE®
Mushrooms™
MYCOBENEFITS®

SLEEP*

CALM* • REST* • RELAXATION*

MUSHROOM
MYCELIUM
COMPLEX

60 CAPSULES

DIETARY SUPPLEMENT

REISHI
LION'S MANE
GABA
MAGNESIUM

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.

NON-GMO • VEGAN • GLUTEN FREE

Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
Calories	5
Vitamin B ₆ (as Pyridoxine Hydrochloride)	1mg 59%
Magnesium (as Magnesium Bisglycinate)	20mg 5%
Passionflower (<i>Passiflora incarnata</i>) aerial parts†	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 †
GABA (Gamma Aminobutyric Acid)	130mg †
L-Theanine	50mg †

† Daily Value not established

Other Ingredients:
Pullulan (capsule).
‡ Organic

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