

# HOST DEFENSE<sup>®</sup>

M U S H R O O M S<sup>™</sup>

## MYCOMMUNITY<sup>®</sup> EXTRACT

MADE WITH U.S. GROWN,  
TRIPLE EXTRACTED  
ORGANIC MUSHROOMS



COMPREHENSIVE  
IMMUNE SUPPORT<sup>™</sup>

GLUTEN FREE  
DIETARY  
SUPPLEMENT  
1 Fluid Ounce  
(30 Milliliters)



### Supplement Facts

Serving Size: 1 mL (-45 drops)  
Servings Per Container: 30

| Amount Per Serving                                               |                   |
|------------------------------------------------------------------|-------------------|
| <b>Proprietary Blend</b>                                         | <b>1 mL ‡</b>     |
| Agarikon ( <i>Polyporus officinalis</i> )                        | mycellum ‡ **     |
| Maitake ( <i>Grifola frondosa</i> )                              | mycellum ‡ **     |
| Chaga ( <i>Inonotus obliquus</i> )                               | mycellum ‡ **     |
| Reishi ( <i>Ganoderma lucidum</i> s.l.)                          | mycellum ‡ **     |
| Cordyceps ( <i>Cordyceps militaris</i> )                         | mycellum ‡ **     |
| Oyster Mushroom                                                  |                   |
| ( <i>Pleurotus ostreatus</i> )                                   | mycellum ‡ **     |
| Birch Polypore ( <i>Polyporus betulinus</i> )                    | mycellum ‡ **     |
| Royal Sun Blaze ( <i>Agaricus brasiliensis</i> f. <i>bezae</i> ) | mycellum ‡ **     |
| Enokitake ( <i>Flemmulinia velutipes</i> )                       | mycellum ‡ **     |
| Masima ( <i>Phellinus linteus</i> )                              | mycellum ‡ **     |
| Split Gill Polypore ( <i>Schizophyllum commune</i> )             | mycellum ‡ **     |
| Turkey Tails ( <i>Trametes versicolor</i> )                      | mycellum ‡ **     |
| Don's Mane ( <i>Hericium erinaceus</i> )                         | mycellum ‡ **     |
| Reishi ( <i>Ganoderma lucidum</i> s.l.)                          | fruitbodies ‡ *** |
| Maitake ( <i>Grifola frondosa</i> )                              | fruitbodies ‡ *** |
| Amadou ( <i>Fomes fomentarius</i> )                              | mycellum ‡ **     |
| Artist's Conk ( <i>Ganoderma applanatum</i> s.l.)                | mycellum ‡ **     |
| Oregon Ganoderma ( <i>Ganoderma oregonense</i> s.l.)             | mycellum ‡ **     |
| Shiitake ( <i>Lentinula edodes</i> )                             | mycellum ‡ **     |

\*\*extract of fresh mushroom mycellum  
\*\*\*extract of dried mushroom fruitbodies  
‡Daily value not established †Certified Organic

Other ingredients: water, alcohol ‡  
(alcohol content: 30–40%), mycellated  
brown rice ‡

Grown and distributed by  
**Fungi Perfecti, LLC,**  
PO Box 7634,  
Olympia, WA 98507 USA  
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HOSTDEFENSE.COM

Certified Organic by  
the Washington State  
Department of Agriculture.



From the Forest,  
to our Farm, to You<sup>™</sup>

Our liquid extracts provide rapid absorption and are great for those seeking immune support.\* Host Defense<sup>®</sup> extracts may be used directly from the bottle, or in water, warm tea, coffee, juice or smoothies.

**HOST DEFENSE<sup>®</sup>  
MYCOMMUNITY<sup>®</sup>**  
MyCommunity is a blend of 17 mushroom species. Recently renamed, **MyCommunity** is the 17 species Host Defense<sup>®</sup> formula originally created by Paul Stamets—the most comprehensive extract formula for *Supporting Natural Immunity* produced by Fungi Perfecti.\*

**Directions for Use:**  
As a dietary supplement, take 1 mL twice per day. Can be taken with food or without, on an empty stomach or as recommended by your healthcare advisor. Consult your healthcare advisor regarding the use of this product during pregnancy. 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.

