

HOST DEFENSE

M U S H R O O M S™

MYCOMMUNITY™

A 17-Species Multi Mushroom Complex

MADE WITH
U.S. GROWN
ORGANIC
MUSHROOMS



COMPREHENSIVE IMMUNE SUPPORT*



GLUTEN FREE
120 Vegetarian Capsules



DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

Amount Per Serving

Chaga (<i>Inonotus obliquus</i>) mycelium ‡	148 mg †
Maitake (<i>Grifola frondosa</i>) mycelium ‡	142 mg †
Reishi (<i>Ganoderma lucidum</i> s.l.) mycelium ‡	110 mg †
Cordyceps (<i>Cordyceps militaris</i>) mycelium ‡	100 mg †
Royal Sun Blaze (<i>Agaricus brasiliensis</i> f. <i>blazei</i>) mycelium ‡	80 mg †
Enokitake (<i>Flammulina velutipes</i>) mycelium ‡	80 mg †
Mesima (<i>Phellinus linteus</i>) mycelium ‡	76 mg †
Turkey Tails (<i>Trametes versicolor</i>) mycelium ‡	48 mg †
Oyster Mushroom (<i>Pleurotus ostreatus</i>) mycelium ‡	48 mg †
Lion's Mane (<i>Hericium erinaceus</i>) mycelium ‡	48 mg †
Artist's Conk (<i>Ganoderma applanatum</i> s.l.) mycelium ‡	30 mg †
Oregon Reishi (<i>Ganoderma oregonense</i> s.l.) mycelium ‡	30 mg †
Agarikon (<i>Fomitopsis officinalis</i>) mycelium ‡	30 mg †
Amadou (<i>Fomes fomentarius</i>) mycelium ‡	20 mg †
Shiitake (<i>Lentinula edodes</i>) mycelium ‡	20 mg †
Maitake (<i>Grifola frondosa</i>) fruitbodies ‡	16 mg †
Birch Polypore (<i>Piptoporus betulinus</i>) mycelium ‡	12 mg †
Split Gill Polypore (<i>Schizophyllum commune</i>) mycelium ‡	12 mg †

†Daily value not established ‡Certified Organic

Other ingredients: dried myceliated brown rice ‡, Pullulan (an extra-cellular polysaccharide)

Grown and distributed by
Fungi Perfecti, LLC, PO Box 7634,
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HOSTDEFENSE.COM

Certified Organic by the
Washington State
Department of Agriculture.



From the Forest, to our Farm, to You™

HOST DEFENSE® MYCOMMUNITY™
MyCommunity is the 17 species Host Defense formula originally created by Paul Stamets—the most comprehensive Host Defense capsule formula for *Supporting Natural Immunity*.*

HOST DEFENSE® MYCOMMUNITY™
uses activated, optimally dried, Certified Organic mushroom mycelium and fruitbodies, with a full spectrum of constituents: >55% (550mg/serving) polysaccharides, .5% (5mg/serving) fatty acids, and an array of extracellular constituents, including enzymes, antioxidants, and prebiotics for the microbiome, essential for *Supporting Natural Immunity*.*

Directions for use: As a dietary supplement, take 2 capsules once 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.



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