

HOST DEFENSE[®]
MUSHROOMS[™]

MYCOMMUNITY[®]

A 17-Species Multi Mushroom Complex

MADE WITH
U.S. GROWN
ORGANIC
MUSHROOMS

COMPREHENSIVE
IMMUNE SUPPORT[†]



GLUTEN FREE
60 Vegetarian Capsules



DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

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>blaze!</i>) mycelium ‡	80 mg ‡
Enokitake (<i>Flemmingia 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,
Olympia, WA 98507 USA
Toll Free: 877-504-6926
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.

