

Supplement Facts

Serving Size: 1 packet

Serving Per Container: 56

Ingredient	AM Packet		PM Packet	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	—	—	9	
Total Fat	—	—	1g	1%*
Vitamin C (as Ascorbic Acid)	150 mg	167%	150 mg	167%
Vitamin D3 (as cholecalciferol from lichen)	25 mcg (1000 IU)	125%	25 mcg (1000 IU)	125%
Vitamin K2 (as MK-4 Menaquinone)	25 mcg	*	25 mcg	*
Vitamin K2 (as MK-7 Menaquinone)	25 mcg	*	25 mcg	*
Lycopene	4 mg	*	4 mg	*
Iodine (as Potassium Citrate)	25 mcg	17%	25 mcg	17%
Magnesium (as magnesium bisglycinate chelate)	—	—	90 mg	21%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	4 mg	36%	4 mg	36%
Selenium (as SelenoExcell® yeast from <i>Saccharomyces cerevisiae</i>)	25 mcg	45%	25 mcg	45%
Manganese (as Manganese Citrate)	500 mcg	22%	500 mcg	22%
Chromium (as Chromium Picolinate)	50 mcg	143%	50 mcg	143%
Molybdenum (as Molybdenum Citrate)	22.5 mcg	45%	22.5 mcg	45%
Epigallocatechin gallate (EGCG) (from green tea leaf extract, std. to 98% polyphenols, 50% EGCG)	200 mg	*	200mg	*
DIM (Diindolylmethane)	300 mg	*		
Omega-3 Fish Oil (Omega-3 TG)				
Total Omega-3 Fatty Acids (as Tryglycerides) 750mg				
- EPA (Eicosapentaenoic Acid) 400mg	—	—	1000mg	†
- DHA (Docosahexaenoic Acid) 300mg				
- Other Omega-3 Fatty Acids 50mg				
Other Fatty Acids 250mg				
Organic Oyster Mushroom (<i>Pleurotus ostreatus</i>) 1:1 Fruiting Body Extract (35% beta-glucans)	250 mg	*	—	—
Organic Turkey Tail Mushroom (<i>Trametes versicolor</i>) 8:1 Fruiting Body Extract (40% beta-glucans)	200 mg	*	—	—
Organic Reishi Mushroom (<i>Ganoderma lucidum</i>) 8:1 Fruiting Body Extract (30% beta-glucans)	200 mg	*	—	—
Organic Cordyceps Mushroom (<i>Cordyceps militaris</i>) 8:1 Fruiting Body Extract (25% beta-glucans)	200 mg	*	—	—
Organic Lion's Mane Mushroom (<i>Hericium erinaceus</i>) 8:1 Fruiting Body Extract (25% beta-glucans)	125 mg	*	—	—
Organic Chaga (<i>Inonotus obliquus</i>) 8:1 Extract (10% beta-glucans)	125 mg	*	—	—
Organic Maitake Mushroom (<i>Grifola frondosa</i>) 8:1 Fruiting Body Extract (35% beta-glucans)	100 mg	*	—	—

*Daily Value not established

Other Ingredients: Veggie capsule (Hypromellose capsule), Rice Flour, L-leucine, Fish Oil

Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Sugar, Yeast, Nuts, GMOs, Sesame

Suggested Use: Take 1 packet twice daily as a dietary supplement with food or as directed by a healthcare professional

Caution: Keep out of reach of children

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