

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
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	*
Magnesium (as magnesium bisglycinate chelate)	—	—	90 mg	21%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	4 mg	36%	4 mg	36%
Selenium (as SelenoExcel® yeast from <i>Saccharomyces cerevisiae</i>)	25 mcg	45%	25 mcg	45%
Iodine (as Potassium Citrate)	25 mcg	17%	25 mcg	17%
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%
DIM (Diindolylmethane)	—	—	300 mg	*
Rhodiola Root (<i>Rhodiola rosea</i>) Extract (std. to Rosavins 7.5 mg, Salidroside 2.5 mg)	250 mg	*	—	—
Epigallocatechin gallate (EGCG) (from green tea leaf extract, std. to 98% polyphenols, 50% EGCG)	200 mg	*	200mg	*
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>Herichium 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	*	—	—
Lycopene	4 mg	*	4 mg	*

*Daily Value not established

Other Ingredients: Veggie capsule (Hypromellose capsule), Rice Flour, L-leucine, Rice (*Oryza sativa*), Silica, Magnesium Stearate**Contains No:** Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Sugar, Yeast, Soy, Fish/Shellfish, 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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