

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 D3 (as cholecalciferol from lichen)	3000 IU (75mcg)	375%	—	—
Vitamin K2 (as MK-4 Menaquinone)	50 mcg	*	—	—
Vitamin K2 (as MK-7 Menaquinone)	50 mcg	*	—	—
Calcium (as Calcium Citrate)	—	—	160 mg	12%
Magnesium (as magnesium bisglycinate chelate)	—	—	90 mg	21%
KSM-66® Ashwagandha Root Extract (Withania somnifera)	300mg	*	300mg	*
Coenzyme Q10 (Ubiquinone)	200mg	*	—	—
Organic Oyster Mushroom (Pleurotus ostreatus) 1:1 Fruiting Body Extract (35% beta-glucans)	250 mg	*	—	—
Organic Turkey Tail Mushroom (Trametes versicolor) 8:1 Fruiting Body Extract (40% beta-glucans)	200 mg	*	—	—
Organic Reishi Mushroom (Ganoderma lucidum) 8:1 Fruiting Body Extract (30% beta-glucans)	200 mg	*	—	—
Organic Cordyceps Mushroom (Cordyceps militaris) 8:1 Fruiting Body Extract (25% beta-glucans)	200 mg	*	—	—
Organic Lion's Mane Mushroom (Hericium erinaceus) 8:1 Fruiting Body Extract (25% beta-glucans)	125 mg	*	—	—
Organic Chaga (Inonotus obliquus) 8:1 Extract (10% beta-glucans)	125 mg	*	—	—
Organic Maitake Mushroom (Grifola frondosa) 8:1 Fruiting Body Extract (35% beta-glucans)	100 mg	*	—	—
Mangosteen Fruit Extract (Garcinia mangostana) (std. to 10% mangostin)	100mg	*	100mg	*
DIM (Diindolylmethane)	75 mg	*	75 mg	*
Apigenin	25mg	*	25mg	*

*Daily Value not established

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