

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%
Rhodiola Root (Rhodiola rosea) Extract (std. to Rosavins 7.5 mg, Salidroside 2.5 mg)	250 mg	*	—	—
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	*	—	—
*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