

# 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%
KSM-66® Ashwagandha Root Extract ( <i>Withania somnifera</i> )	300mg	*	300mg	*
Olive Leaf Extract ( <i>Olea europae</i> ) (standardized to 20% oleuropein)	—	—	250mg	*
SoyLife® Soy Germ Extract (standardized to 40% isoflavones)	—	—	200mg	*
Coenzyme Q10 (Ubiquinone)	200mg	*	—	—
Milk Thistle ( <i>Silybum marianum</i> ) Seed Extract (standardized to 80% silymarin)	—	—	160mg	*
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>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	*	—	—
Mangosteen Fruit Extract ( <i>Garcinia mangostana</i> ) (std. to 10% mangostin)	100mg	*	100mg	*
DIM (Diindolylmethane)	75 mg	*	75 mg	*
Apigenin	25mg	*	25mg	*
Lycopene	4 mg	*	4 mg	*

\*Daily Value not established

**Other Ingredients:** Veggie capsule (Hypromellose capsule), Rice Flour, L-leucine**Contains:** Soy**Contains No:** Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Sugar, Yeast, 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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