

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 D3 (as cholecalciferol from lichen)	75 mcg (3000 IU)	375%	—	—
Vitamin K2 (as MK-4 Menaquinone)	50 mcg	*	—	—
Vitamin K2 (as MK-7 Menaquinone)	50 mcg	*	—	—
Magnesium (as magnesium bisglycinate chelate)	—	—	90 mg	21%
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 (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, 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