

## Supplement Facts

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 SelenoExcell® yeast from Saccharomyces cerevisiae)	25 mcg	45%	25 mcg	45%
lodine (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%
Curcumin (as Longvida® Optimized Curcumin® from Curcuma longa Root Extract)	400 mg	*		_
Olive Leaf Extract (Olea europaea) (Standardized to 20% Oleuropein)	250 mg	*	_	_
Epigallocatechin gallate (EGCG) (from green tea leaf extract, std. to 98% polyphenols, 50% EGCG)	200 mg	*	200mg	*
Soylife® Soy Germ Extract (Standardized to 40% Isoflavones)	200 mg	*	_	_
Milk Thistle (Silybum marianum) Seed Extract (Standardized to 80% Silymarin)	160 mg	*		_
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 frondose) 8:1 Fruiting Body Extract (35% beta-glucans)	100 mg	*		
Lycopene	4 mg	*	4 mg	*

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

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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