

# WellSurvivor All Survivors

## Complete Daily Ingredient Summary

Below is a detailed breakdown of all the ingredients included in your WellSurvivor All Survivors product.

Ingredient	Daily Dose	Included
<b>Vitamins</b>		
• Vitamin C	200 mg	<input checked="" type="checkbox"/>
• Vitamin D3	2000 IU (50 mcg)	<input checked="" type="checkbox"/>
• Vitamin K2	450 mcg	<input checked="" type="checkbox"/>
<b>Minerals</b>		
• Magnesium Bisglycinate Chelate	90 mg	<input checked="" type="checkbox"/>
• Selenium	50 mcg	<input checked="" type="checkbox"/>
• Zinc Bisglycinate Chelate	15 mg	<input checked="" type="checkbox"/>
<b>Mushrooms</b>		
• Organic Chaga Mushroom	125 mg	<input checked="" type="checkbox"/>
• Organic Cordyceps Mushroom	200 mg	<input checked="" type="checkbox"/>
• Organic Lion's Mane Mushroom	125 mg	<input checked="" type="checkbox"/>
• Organic Maitake Mushroom	100 mg	<input checked="" type="checkbox"/>
• Organic Oyster Mushroom	250 mg	<input checked="" type="checkbox"/>
• Organic Reishi Mushroom	200 mg	<input checked="" type="checkbox"/>
• Organic Turkey Tail Mushroom	200 mg	<input checked="" type="checkbox"/>
<b>Herbs and Botanicals</b>		
• Astragalus	200 mg	<input checked="" type="checkbox"/>
• Bilberry Extract	250 mg	<input checked="" type="checkbox"/>
<b>Plant Extracts and Phytochemicals</b>		
• Bioperine® (Piperine)	10 mg	<input checked="" type="checkbox"/>
• Citrus Bioflavonoids	250 mg	<input checked="" type="checkbox"/>

Ingredient	Daily Dose	Included
• EGCG (as Green Tea Extract)	400 mg	<input checked="" type="checkbox"/>
• Lycopene	4 mg	<input checked="" type="checkbox"/>
• Quercetin	200 mg	<input checked="" type="checkbox"/>
<b>Specialty Compounds</b>		
• Alpha Lipoic Acid	300 mg	<input checked="" type="checkbox"/>
• Coenzyme Q10	200 mg	<input checked="" type="checkbox"/>

## Recommended Targeted Support

Below you can check the box of the recommended add-on(s) you choose to include in your routine.

Ingredient	Daily Dose	Included
<b>Add-ons</b>		
• Calcium	160 mg	<input type="checkbox"/>
• Curcumin/Turmeric 3rd Gen	400 mg	<input type="checkbox"/>
• Melatonin SR	3 mg	<input type="checkbox"/>
• Omega-3 TG	750 mg	<input type="checkbox"/>
○ EPA	400 mg	<input type="checkbox"/>
○ DHA	300 mg	<input type="checkbox"/>
• Pre + Probiotic		<input type="checkbox"/>
○ Inulin (from chicory root)	550 mg	
○ ProbioSEB CSC3™ Probiotic Blend	150 mg (15 billion CFU)	
• Vitamin B12	1000 mcg	<input type="checkbox"/>

Our list of supporting evidence-based research for each ingredient can be found on our website [here](#) which is under *Learn > For Healthcare Providers > Research*.