
WellSurvivor Breast ER-, Ingredient Summary

Ingredient	Daily Dose
Vitamins	
• Vitamin C	200 mg
• Vitamin D3	2000 IU (50 mcg)
• Vitamin K2	450 mcg
Minerals	
• Magnesium Bisglycinate Chelate	90 mg
• Selenium	50 mcg
• Zinc Bisglycinate Chelate	15 mg
Mushrooms	
• Organic Chaga Mushroom	125 mg
• Organic Cordyceps Mushroom	200 mg
• Organic Lion's Mane Mushroom	125 mg
• Organic Maitake Mushroom	100 mg
• Organic Oyster Mushroom	250 mg
• Organic Reishi Mushroom	200 mg
• Organic Turkey Tail Mushroom	200 mg
Herbs and Botanicals	
• Ashwagandha	600 mg
• Astragalus	200 mg
• Bilberry Extract	250 mg
• Diindolylmethane (DIM)	150 mg
• Milk Thistle	160 mg
Plant Extracts and Phytochemicals	
• Apigenin	50 mg
• Bioperine® (Piperine)	10 mg
• Citrus Bioflavonoids	250 mg
• EGCG (as Green Tea Extract)	400 mg
• Lycopene	4 mg
• Mangosteen	200 mg
• Olive Leaf Extract	250 mg
• Quercetin	200 mg
• SoyLife® Soy Isoflavone	200 mg

Specialty Compounds

- Alpha Lipoic Acid 300 mg
 - Coenzyme Q10 200 mg
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