

# Ashwagandha

This is a calming adaptogen (adaptogens are a group of herbs and some mushrooms that support the body's ability to deal with stress). Traditionally, Ashwagandha has been valued for its possible benefits in enhancing mental clarity and supporting the body's stress response system. It is often used by athletes as it may support their physical performance and stamina by supporting muscle, bone, connective tissue, and nerves.\*\*

## SUPPLEMENT FACTS

Serving Size: 1 Vegan Capsule(s)

Amount Per Serving

% Daily Value

Ashwagandha (Withania Somnifera) Root Extract (Standardized to 2.5% [12.5mg] Total Withanolides)

500 mg

†

Other Ingredients: Vegan Capsule (Modified Cellulose, Water), Silica, Cellulose, Magnesium Stearate

Contains No: Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Wheat, Soy

Suggested Use: As a dietary supplement or as directed by a healthcare professional.

Notes: ‡ Colony Forming Units †Daily value not established \*Percent Daily values are based on a 2,000 Calorie diet

Warnings: Keep out of reach of children

# Lion's Mane Organic

Lion's Mane mushroom (*Herichium Erinaceus*) has been used for centuries across Asia in both cooking and Traditional Chinese Medicine. With its neuroprotective properties, Lion's Mane extract is believed to help calm the mind, support memory function, and aid overall nervous system health. Additionally, because it contains polysaccharides, it may assist in reducing oxidative stress while enhancing immune function. More generally, other benefits may include liver and adrenal support, energy production, and, with regular use, muscle endurance and strength. Organic double extracted extract\*\*

## SUPPLEMENT FACTS

Serving Size: 1 Vegan Capsule(s)

	Amount Per Serving	% Daily Value
Proprietary Blend Organic Lion's Mane Fruiting Body and Mycelia	500 mg	†

Other Ingredients: Pullulan Vegan Capsule, Organic Myceliated Brown Rice  
Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Sugar, Yeast, Soy, Fish/Shellfish, Nuts, GMOs  
Suggested Use: As a dietary supplement or as directed by a healthcare professional.

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## Resveratrol Plus

This is a protective antioxidant plant compound found, most notably, in red wine. While some studies indicate it may play a factor in maintaining blood pressure levels, resveratrol is best understood as a protective antioxidant supporting cardiovascular and general health. This formula is from standardized Polygonum Cuspidatum root extract and Grape seed extract forming a synergistic effect for better absorption and efficiency.\*\*

### SUPPLEMENT FACTS

Serving Size: 1 Vegan Capsule(s)

	Amount Per Serving	% Daily Value
Leucoselect® Grape Seed Extract (Vitis Vinifera Standardized to 90-95% [9 to 9.5 mg] Oligomeric Proanthocyanidins)	10 mg	†
Resveratrol (400 mg of Polygonum Cuspidatum Root Extract Standardized to 50% [200 mg] Trans - Resveratrol)	200 mg	†
Other Ingredients: Magnesium Stearate, Silica, Vegetable Stearin, Cellulose, Vegan Capsule (Water Cellulose) Contains No: Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Salt, Wheat, Sugar, Yeast, Corn Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take with meals.		
Notes: A synergistic effect is provided by the addition of grape seed extract and its active compounds known as OPC's. This class of compounds has been shown to provide more antioxidant benefits than Vitamin C and E.		
Leucoselect grape seed extract is made by Indena, some of Europe's leading herbal extract manufacturers. ‡ Colony Forming Units †Daily value not established *Percent Daily values are based on a 2,000 Calorie diet Trademarks: Leucoselect® a trademark of Indena USA, Inc Warnings: Keep out reach of children		

## Theanine

This is the primary amino acid in green tea which has been traditionally understood to help reduce stress and uplift mood. L-Theanine increases serotonin and dopamine levels which supports mental clarity. Research indicates SunTheanine® brand supports relaxation and deep, restful sleep, without causing drowsiness or other side effects. L-theanine may improve nitric oxide production, support an already healthy cardiovascular system, and may assist in reducing the effects of caffeine.\*\*

### SUPPLEMENT FACTS

Serving Size: 1 Vegan Capsule(s)

	Amount Per Serving	% Daily Value
L-Theanine	100 mg	†
Other Ingredients: Vegan Capsule (Water Cellulose), Magnesium Stearate, Silica, Cellulose Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Salt, Wheat, Sugar, Yeast, Corn, Soy, Fish/Shellfish, Nuts Suggested Use: As a dietary supplement or as directed by a healthcare professional.		
Notes: ‡ Colony Forming Units †Daily value not established *Percent Daily values are based on a 2,000 Calorie diet Trademarks: From SunTheanine®, a 100% pure, patented source of L-Theanine manufactured in Japan by Taiyo International. Warnings: Keep out of reach of children.		

## Vegan Omega

The health benefits of marine omega-3 fatty acids DHA (Docosahexaenoic acid) and EPA (Eicosapentaenoic acid) has been well established by science as has the need for supplementation; however, the current use of fish-based oils for supplementation is unsustainable. We use the sustainable vegan alternative, Schizochytrium sp. microalgae, as our source of oils rich in DHA and EPA because they are produced in a carefully controlled environment, come from a sustainable source, and don't damage the balance of our oceans. Algal oils are an excellent source of DHA suitable for those following a vegan and vegetarian diet, and for everyone who understands the importance of supplementing with sustainable vegan Omega-3 fatty acids and DHA.\*\*

### SUPPLEMENT FACTS

Serving Size: 1 Vegan Softgel(s)

	Amount Per Serving	% Daily Value
Calories	5 cal	
Total Fat	0.5 g	<1%
Docosahexaenoic Acid (DHA)	120 mg	†
Eicosapentaenoic Acid (EPA)	60 mg	†
Omega Oil (Microalgal Schizochytrium sp.)	500 mg	†
Other Ingredients: Vegan Softgel (Modified Corn Starch, Glycerin, Carrageenan, Sorbitol, Water)(Modified Food Starch, Glycerin, Carrageenan, Water, Sorbitol), Tocopherol, Sunflower Oil, Ascorbyl Palmitate		
Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Salt, Wheat, Sugar, Yeast, Soy, Fish/Shellfish, Nuts		
Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take with meals.		
Notes: ‡ Colony Forming Units †Daily value not established *Percent Daily values are based on a 2,000 Calorie diet		
Warnings: Keep out of reach of children		