

# MycoPure™

*Shiitake fermented plant protein powder*

MycoPure™ Chocolate and MycoPure™ Golden Milk are plant-based (pea and rice) proteins fermented from shiitake mushrooms. They also feature Immune-Assist™, a blend of medicinal mushrooms that offers robust immune support.

Protein is a necessary component of the human diet and plays many important roles, including maintaining the structural components of our cells and tissues and helping to support healthy blood sugar levels. Our bodies have no way of storing protein so we must obtain it from our diet on a daily basis.

## What makes shiitake fermented protein unique?

Shiitake fermented protein is a unique alternative to more common proteins such as standalone whey, pea, and rice. Like whey protein, it is a complete protein because it contains all nine essential amino acids—those that cannot be made by the body, and thus must be obtained through the diet. It also has a high quantity of branched-chain amino acids (leucine, isoleucine, and valine), which are sought after by athletes because of their superior role in building muscle while subsequently supporting fat burning.

Shiitake fermented protein is also highly digestible, matching that of whey protein. This exceptional digestibility makes it a superior form of plant-based protein that rivals the quality of animal proteins. The fermentation process optimizes the bioavailability and nutritional profile by removing compounds known as “anti-nutrients” which block the absorption of vitamins and minerals.

Further, unlike the natural grittiness and off-taste characteristic of many plant-based proteins, shiitake fermented protein has a subtle flavor and dissolves easily to create a smooth texture.

## Health Benefits of Mushrooms\*

Beyond being a source of protein, medicinal mushrooms offer an array of health benefits due to their rich content of antioxidants. These compounds fight against the damaging effects of free radicals and can help support the body's natural defenses. Beyond their antioxidant activity, medicinal mushrooms have biologically active components that help promote normal cell growth, support the immune system, and aid the liver in detoxification.\*

## MycoPure™ Highlights:

- Digestibility rivals that of whey and soy protein
- Complete protein—equivalent protein quality to animal-sourced proteins
- Vegan alternative to traditional pea and rice protein
- Appropriate for keto diets
- Dissolves easily in liquids to create a smooth texture
- Two great tasting flavors—chocolate and golden milk
- Non-GMO

### MycoPure™ may be beneficial for:\*

- Supporting the immune system
- Increasing populations of healthy gut bacteria
- Maintaining a healthy weight
- Supporting detoxification
- Athletes

## Recommended Use:

**Chocolate:** Mix 42 grams (approx. one scoop) in 8-12 ounces of water or any other beverage per day, or as directed by your health care practitioner.

**Golden Milk:** Mix 34 grams (approx. one scoop) in 8-12 ounces of water or any other beverage per day, or as directed by your health care practitioner.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**