

MY-Immune Defense (30 servings)

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Get a daily immune boost with this organic, six-mushroom blend with natural Vitamin D! A busy, hectic lifestyle often puts a serious strain on your immune system. But, immune-supporting mushrooms can help!

MY-Immune Defense is a potent blend of six organic mushrooms designed to stimulate your immune system and naturally promote overall health.

Mushrooms are well known for their high nutritional content, and their health benefits have been recognized in numerous clinical studies.

MY-Immune Defense provides naturally-occurring mushroom polysaccharides (beta-glucans), amino acids and a powerful dose of vitamin D to enhance its immune-supporting properties and deliver superior antioxidant and immune benefits.

MY-Immune Defense powder was formulated with the help of expert mycologists—really “fun guys” who know their ‘shrooms. Their expertise ensures that you get the optimal blend to deliver unbeatable, holistic health benefits. And it’s easily integrated into your daily routine.

MY-Immune Defense features certified organic, non-GMO, vegan, gluten-free and Kosher ingredients to provide premium, holistic immune support.

Fortify Your Immune System

Stress-induced immune system dysfunction can significantly impact health. But key nutrients with immune modulating benefits provide excellent support.

Mushrooms have been used medicinally for centuries, and their health benefits are recognized in preclinical and clinical studies.

They have the ability to modulate the immune system, mainly due to the polysaccharides (betaglucans) found in their cell walls.

The human immune system has a first line of defense (the innate immune system) and a secondary, more specific defense (the adaptive immune system).

Mushroom polysaccharides (beta-glucans) have been shown to stimulate BOTH of these systems, leading to immune cell activation and the production of messengers that positively regulate BOTH the innate and adaptive immune system branches.

Beta-glucans also function as a prebiotic fiber to feed the good bacteria in your gut and help balance the intestinal microbiome.

MY-Immune Defense is designed exclusively with certified organic mushrooms, providing a natural source of immune-boosting beta-glucans, amino acids and vitamin D to fortify your immune system defenses and naturally promote overall health.

Certified Organic, Non-GMO Mushroom Blend

Cordyceps has been widely used for its anti-fatigue properties. Studies show that taking cordyceps supports physical endurance and improves the metabolic threshold. Cordyceps has a rich history of use to help the body build strength, endurance and stamina. A natural Chinese supplement, cordyceps benefits several body systems, including the circulatory, immune, respiratory and glandular systems. In Traditional Chinese Medicine, cordyceps is used to strengthen the kidneys, support physical endurance and stamina, maintain a healthy libido, and promote healthy lung function.

Reishi mushroom supports the body when under stress and boosts immunity. Reishi mushrooms have been used for thousands of years in Traditional Chinese Medicine and other naturopathic practices around the world. These mushrooms are known to be rich in long-chain polysaccharides known as beta-glucans, which stimulate immune cells, including macrophages, T-cells and natural killer cells. This tricks the body into thinking it is being invaded. Reishi mushroom also supports lung health and enhances vital energy.

Turkey tail, one of the most studied medicinal mushrooms, is known for its ability to enhance both the innate and adaptive immune responses. Turkey tail beta-glucans have been shown to improve immune function. Another active compound in turkey tail acts as a prebiotic and has been shown to have beneficial effects on the gut microbiome.

Chaga mushroom has the ability to stimulate immune cells by means of its beta-glucans and supports a healthy immune response. Chaga has a long history of use for supporting healthy

liver function and immune system defenses. Animal studies have also revealed Chaga's anti-fatigue effects.

Shiitake mushroom has been used in Traditional Chinese Medicine for thousands of years to improve health and support the cardiovascular system, liver function, and poor immune activity. Shiitake has a rich nutritional profile, including vitamins B2, B12, D and E, as well as dietary fiber and immune-boosting beta-glucans. Agaricus, commonly known as white button mushroom, is a nutrient-rich, vegetarian-friendly source of vitamin D2, which supports calcium homeostasis and innate immune response (first line of defense).

Agaricus contains higher concentrations of vitamin D than any other mushroom species. It also contains prebiotic carbohydrates that support a healthy gut microbiome.

Benefits:

- Powerful immune system support
- Stimulates both the innate & adaptive immune system branches with beta-glucans
- Supports physical endurance Combats fatigue Provides antioxidant support
- Provides naturally occurring Vitamin D—essential to an active, healthy immune system
- Certified Organic, Non-GMO, Vegan, Gluten-free & Kosher

Ingredients:

Vitamin D and Certified Organic mushroom blend: Cordyceps mushroom (mycelia), Reishi mushroom (fruit body & mycelia), Turkey tail mushroom (mycelia), Chaga mushroom (mycelia),

Shiitake mushroom (fruit body & mycelia), Agaricus mushroom (fruit body).

Quality Assured: Our Reishi mushrooms come from the fertile, forested mountains and valleys of Qingyuan county in China's Zhejiang province, which was named the best ecological environment in China in 2012. Thousands of small mushroom farms adorn Qingyuan's lush, green hillsides, and generations of local farmers have cultivated mushrooms there since the 13th century! Our farmers use the natural environmental conditions, ideal seasonal temperatures and local substrate to organically grow multiple mushroom species of the highest quality in the most sustainable manner possible. And having partnered with our farmers for 20 years, we understand the meticulous care they take in sustainably growing their mushrooms and their efforts to protect their environment and preserve nature's power for future generations.

Recommended Use:

Mix one scoop (3 g) of MY-Immune Defense into your favorite smoothie, juice or recipe for a nourishing boost of organic mushroom goodness! Use daily for best results.



Do not take this product if you are pregnant, think you may become pregnant, or if you are breastfeeding. * 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