

## Essential Shrooms

### Why This Supplement?



Essential Shrooms is a potent blend of therapeutic mushrooms, combining the power of beta-glucans and polysaccharides for ultimate immune and brain health support. This synergistic formula harnesses the benefits of Lion's Mane, Reishi, Cordyceps, Turkey Tail, Shiitake, Maitake, and Chaga mushrooms.

### What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

### The Results!

Taking Essential Shrooms promotes immune function, reduces inflammation, and supports cognitive health. The diverse mushroom lineup, including Lion's Mane and Cordyceps, enhances nerve growth, energy levels, and overall vitality. Cordyceps enhances lung capacity, increases ATP production, and is a popular choice among athletes for boosting physical performance.

### Quick Facts!

- **Immune Powerhouse:** Essential Shrooms features Turkey Tail and Reishi, stimulating cytokine production and natural killer cells for robust immunity.
- **Cognitive Boost:** Lion's Mane contributes to nerve growth factor, aiding cognitive function and protection against disorders like Alzheimer's.



### Dosing

Take 2 capsules daily or as directed.

### Supplement Facts

Serving Size: 2 Vegetable Capsules	Servings Per Container 30	
Amount Per Serving		%DV
Cordyceps Sinensis Powder ( <i>Mycelium</i> )	266 mg	**
Reishi Mushroom Extract ( <i>Ganoderma lucidum karst</i> )(Fruit)	266 mg	**
Shiitake Mushroom Extract ( <i>Lentinus edodes</i> )(Fruit)	266 mg	**
Lion's Mane ( <i>Heridium erinaceus</i> )(Fruit)	266 mg	**
Proprietary Blend	266 mg	**
Maitake Mushroom Extract ( <i>Polyporus frondosus</i> )(Fruit), Turkey Tail Extract ( <i>Coriolus versicolor</i> )(Fruit), Chaga Mushroom Extract ( <i>Inonotus obliquus</i> )(Fruit), Royal Sun Agaricus Extract ( <i>Agaricus blazei</i> )(Fruit), White Button Mushroom Extract ( <i>Agaricus bisporus</i> )(Fruit), Black Fungus Extract ( <i>Auricularia auricula</i> )(Fruit)		
** Daily Value (DV) not established		

Other Ingredients: Cellulose (Vegetable Capsule), Microcrystalline Cellulose, Magnesium Stearate.

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

For full details and latest supplement facts, visit:  
[www.ohs4life.com/shrooms](http://www.ohs4life.com/shrooms)