Essential Shrooms is a therapeutic dose of beta glucan and polysaccharides, nutrients proven to boost and regulate your immune system.

**PRIMARY USES**
- Brain health
- Immune Support

**QUICK FACTS**
- Beta-glucans are responsible for antitumor growth, immuno-modulating antioxidants and neuro-protective chemicals.
- Full of antioxidants shown to have a tremendous benefit on the immune system, and works as an anti-inflammatory, which helps regulate immune function.
- Polysaccharides in reishi mushroom are associated with immune functions can significantly support the immune system, improve sleep, and reduce stress and fatigue.
- Shiitake mushroom is great for immunity, liver function, and supports the cardiovascular system.
- Maitake mushrooms are known to help regulate our immune systems by stimulating the immune system’s lymphocytes such as natural killer cells and t-helper cells.

**Essential Shrooms**

**WHY THIS SUPPLEMENT?**
Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

**WHAT SETS US APART?**
There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process we call **Opti-Blend™**. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. **Opti-Blend™** ensures delivery at the cellular level and up to a 300% increase in absorption.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Vegetable Capsules</th>
<th>Servings Per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Cordyceps Sinensis Powder (Mycelium)</td>
<td>266 mg **</td>
</tr>
<tr>
<td>Reishi Mushroom Extract (Ganoderma lucidum karst)(Fruit)</td>
<td>266 mg **</td>
</tr>
<tr>
<td>Shiitake Mushroom Extract (Lentinus edodes)(Fruit)</td>
<td>266 mg **</td>
</tr>
<tr>
<td>Lion’s Mane (Hericium Erinaceus)(Fruit)</td>
<td>266 mg **</td>
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<tr>
<td>Proprietary Blend</td>
<td>266 mg **</td>
</tr>
<tr>
<td>Maitake Mushroom Extract (Polyporus frondosus)(Fruit), Turkey Tail Extract (Coriolus Versicolor)(Fruit), Chaga Mushroom Extract (Inonotus Obliquus)(Fruit), Royal Sun Agaricus Extract (Agaricus Blazei)(Fruit), White Button Mushroom Extract (Agaricus Bisporus)(Fruit), Black Fungus Extract (Auricularia auricula)(Fruit)</td>
<td>** Daily Value (DV) not established</td>
</tr>
</tbody>
</table>

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

60 CAPSULES

This product is available at:

**Optimal Health Systems**

Where Health Comes Naturally

OptimalHealthSystems.com – 800-890-4547

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