

HOST DEFENSE[®] Mushrooms[™]

MYCOMMUNITY

The most comprehensive immune support formula in the Host Defense line.

MyCommunity was used in a study* published in February 2020 evaluating immune activation with the following conclusions:

- Important immune activation, anti-viral and anti-inflammatory activity
- Showed recuperative and regenerative activity as well.
- All round, it demonstrated important immune modulatory activity.



Suggested use
2 caps daily

PRODUCT HIGHLIGHTS

- A synergistic blend of 17 potent mushroom species, providing the most diverse range of constituents to help balance the immune system
- Encourages powerful host defense resistance to cellular assaults



WHEN TO USE?

- Great for when you want to engage your immune system strongly & acutely
- Can also be used on a regular basis when you need to work on modulating the immune system deeply and over a longer period of time

Supplement Facts / Information sur les suppléments	
Serving Size: 2 Capsules / Servings Per Container: 15	
Portion : 2 capsules / Portions par contenant : 15	
Amount Per Serving / Contenu par portion	
Chaga (<i>Inonotus obliquus</i>) mycelium / Mycélium de chaga †	148 mg †
Maitake (<i>Gifolia frondosa</i>) mycelium / Mycélium de maitake †	142 mg †
Reishi (<i>Ganoderma lucidum</i> s.l.) mycelium / Mycélium de reishi †	110 mg †
Cordyceps (<i>Cordyceps militaris</i>) mycelium / Mycélium de cordyceps †	100 mg †
Royal Sun Blaze (<i>Agaricus brasiliensis</i> f. blaze) mycelium / Mycélium d'agaricus †	80 mg †
Enokitake (<i>Flemmingia velutipes</i>) mycelium / Mycélium d'enokitake †	80 mg †
Mesima (<i>Pleurotus ostreatus</i>) mycelium / Mycélium de mesima †	76 mg †
Turkey Tail (<i>Trametes versicolor</i>) mycelium / Mycélium de queue-de-dindon †	48 mg †
Oyster Mushroom (<i>Pleurotus ostreatus</i>) mycelium / Mycélium de pleurotes †	48 mg †
Lion's Mane (<i>Hericium erinaceus</i>) mycelium / Mycélium d'hérisséon †	48 mg †
Artist's Conk (<i>Ganoderma applanatum</i> s.l.) mycelium / Mycélium de ganoderme des artistes †	30 mg †
Oregon Reishi (<i>Ganoderma oregonense</i> s.l.) mycelium / Mycélium de reishi d'Oregon †	30 mg †
Agarikon (<i>Fomitopsis officinalis</i>) mycelium / Mycélium d'agarikon †	30 mg †
Amadou (<i>Fomes tomentosus</i>) mycelium / Mycélium d'amadouier †	20 mg †
Shiitake (<i>Lentinula edodes</i>) mycelium / Mycélium de shiitake †	20 mg †
Maitake (<i>Gifolia frondosa</i>) fruitbodies / Corps fructifères de maitake †	16 mg †
Birch Polypore (<i>Piptoporus betulinus</i>) mycelium / Mycélium de polypore du bouleau †	12 mg †
Split Gill Polypore (<i>Schizophyllum commune</i>) mycelium / Mycélium de schizophille commun †	12 mg †

†Daily value not established / Valeur quotidienne non établie †Certified Organic / Certifié biologique

*Davis R, Taylor A, Nally R, Benson KF, Stamets P, Jensen GS. Differential Immune Activating, Anti-Inflammatory, and Regenerative Properties of the Aqueous, Ethanol, and Solid Fractions of a Medicinal Mushroom Blend. *J Inflamm Res.* 2020;13:117-131, <https://doi.org/10.2147/JIR.S229446>