

# *You are what you eat...*

## **Nutrition Facts:**

**Daily Serving:** 8 capsules - 4 capsules with breakfast and 4 capsules with lunch.

**Amount per serving:** 5 grams

**Servings per Container:** 31

### Proprietary Blend:

Chlorella pyrenoidosa – Chlorella

Ascophyllum nodosum – Kelp

Rhodymenia palmetto – Purple Dulse

Spirulina platensis - Spirulina

Fucus vesiculosus - Bladderwrack

Moringa oleifera leaf

Brassica oleracea - Kale

Curcuma longa – Turmeric root

Beta vulgaris - Beet root

Agaricus blazei – Mushroom of Life

Ophiocordycipitaceae sinensis - Cordyceps sinensis

Lentinula edodes – Shiitake mushroom

Grifola frondosa – Maitake mushroom

Ganoderma lucidum – Reishi mushroom

Coriolus versicolor – Turkey tail mushroom

**Other ingredients:** Hydroxypropylmethyl cellulose, (Pine or Poplar- capsule)

**EXP** 03/18

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

**Manufactured for directionH**

**A Private Membership Association**

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