

IMMUNE HEALTH SUPERFOODS

BOVINE COLOSTRUM & LION'S MANE MUSHROOM

where gut and cognitive health intertwine to create immune health support



Bovine Colostrum (BC), "Life's Elixir" Supports gut health and a healthy immune system*

Athletes supplemented with 500 mg of BC twice a day for 20 days: 75% showed changes in intestinal permeability.

Highly active athletes supplemented with BC for two weeks: BC supplementation helped maintain gut homeostasis.

Older adults supplemented with BC or whey powder over an eight-week resistance training program: Demonstrated that BC may present more benefits for lower body strength.



Lion's Mane, the "Brainiac Mushroom" Supports cognitive and immune health and may support a healthy stress response*

Lion's Mane contains unique compounds (hericenones and erinacines) responsible for its impact on cognitive health. Lion's Mane promotes the synthesis of peptides critical for memory, attention and alertness.

A study ranked Lion's Mane fourth among 14 other mushroom species for its antioxidant activity: Demonstrates its potential for helping combat oxidative stress and promoting immune health.

Participants took 350 mg of Lion's Mane, three times a day for 49 weeks: Reported changes in a cognitive assessment measuring six areas of cognition (orientation, registration, attention, calculation, recall and language).



CODE: 14507NM

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*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.

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