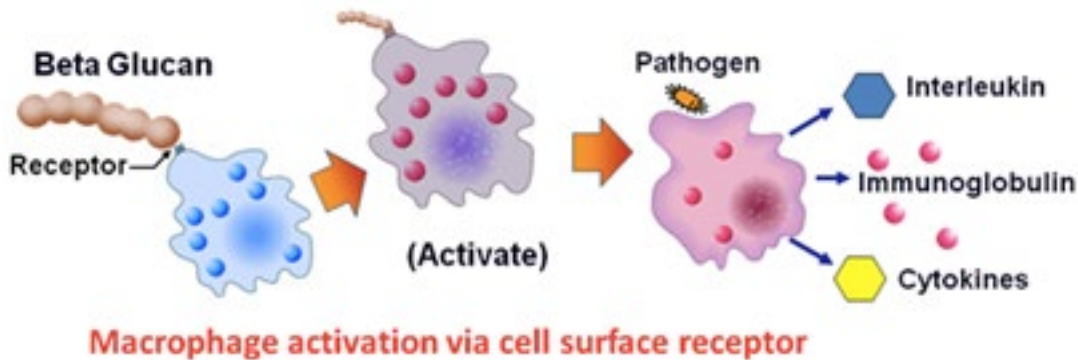


MMIS 2.0 This great formula is now better!

Multi-Mushroom Immune Support 2.0

This seven-mushroom entourage of concentrated medicinal mushroom extracts provides at least 20% content of the immune-activating beta glucans, plus other bioactive nutrients needed for well-rounded support to help strengthen the body's natural immune system.



Beta Glucans activate immune cells known as macrophages, improving their surveillance and fighting abilities. Macrophages in the gut take up beta glucan and transport active molecules to the lymph nodes, spleen and bone marrow. Beta Glucans signal macrophages to improve their immune response and enhance coordination between various immune populations.

This proprietary blend of seven organic mushrooms- *Royal Sun (Agaricus blazei)*, *Chaga (Inonotus obliquus)*, *Cordyceps (Cordyceps militaris)*, *Reishi (Ganoderma lucidum)*, *Maitake (Grifola frondosa)*, *Shiitake (Lentinule edodes)*, *Turkey Tail (Trametes versicolor)*, and *Lion's Mane (Hericium Erinaceus)*- contains immune activating beta glucans, and other polysaccharides within their indigestible cell walls. These polysaccharides are proven to maintain, protect, and support immune health. This combination of mushrooms provides holistic support to help boost the body's immunity potential. It strengthens the natural immune system and promotes health by helping

- Activate key immune cells that maintain health and wellness.
- Modulate the body's immune response mechanisms.
- Strengthen the innate immune system.
- Improve the bioenergy of human cells.
- Contribute to direct antimicrobial action.
- Stimulate immune cell populations, including macrophages, T-cells and NK (Natural Killer) cells.
- Balance inflammation.
- Reduce anxiety

Mushrooms contain immune-activating beta-glucans and other polysaccharides within their cell walls to promote healthy immune function. The mushrooms in this blend have been shown to support healthy inflammatory response, protect against oxidative stress,

regulate cell signaling genes, DNA transcription and the cell cycle, and promote the activity and health of immune cells. In animal and preclinical research,

- *Agaricus blazei* (Royal Sun) contains beta glucans and glycoproteins in their cell walls which help to activate protective immune cells and support systems by stimulating the release of white blood cells, regulating genes involved in cell signaling, cellular transcription and the cell cycle.
- (*Cordyceps militaris*) (Cordyceps) contains bioactive compounds that have clinical health benefits for the liver, kidneys, cardiovascular, respiratory, and the nervous, sexual, and immunological systems. It has immune-enhancing, antioxidant, anti-inflammatory and anti-microbial activities. It also acts as a metabolic modifier by activating AMPK.
- *Inonotus obliquus* (Chaga) exhibits antioxidant and anti-inflammatory properties and has been shown to support a healthy inflammatory response, protect against oxidative stress and promote the activity and health of immune cells.



Chunks of Chaga fruiting body

Chaga mushrooms contain polysaccharides made up of xylulose, rhamnose, mannose, glucose, inositol, and galactose. It also has antioxidant compounds called phenolics. These compounds contribute to what is known as “early stage antiviral activity” by blocking the fusion of a virus to membranes of our cells. Phenolic compounds also protect lymphocyte DNA from oxidation, thus protecting the central information center of the immune system. Like other mushrooms, Chaga can improve blood glucose balance and promote liver health.

- *Ganoderma lucidum* (Reishi) exhibits immunomodulatory, antioxidant and anti-inflammatory properties that promote immune health.



Reishi Mushroom fruiting body

Reishi is a medicinal mushroom that supports metabolism and immunity. Studies show that the polysaccharides of this mushroom promote the production of interleukin – 2 and can enhance the germ-killing capacity of T lymphocytes. Reishi glycans can also improve glucose control, thus improving metabolic balance. Also known as an adaptogen, Reishi has also been shown to help reduce chronic inflammation.

- *Grifola frondosa* (Maitake) has been shown to enhance the actions of macrophages and other immune cells which supports a healthy inflammatory response by the immune system.
- *Lentinula edodes* (Shiitake) has been shown to modulate and stimulate the immune system by various biochemical pathways, including upregulation of specific inflammatory genes, activation of immune cells and reduction of oxidative stress.



Shiitake

Shiitake is a popular medicinal mushroom that might be available at your grocery store. Slice and sauté them in butter or olive oil with diced garlic and onions to add a healthy immune support to your meal. Or just make sure to take your MMIS everyday!

Eating this mushroom every day for as little as four weeks has been found to improve immunity by doubling natural killer cell production and improving mucosal immunity. Better mucosal immunity means direct protection in the mouth, throat, gut and airways.

- *Trametes versicolor* (Turkey Tail) polysaccharides activate immune cells and supports a healthy inflammatory response.
- *Hericium Erinaceus* (Lion's Mane) has antioxidative, anti-inflammatory properties, immunomodulatory and immune-protective effects.
- Be a friend to your immune system and take MMIS 2.0!

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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