

- > 3rd party lab verified for quality
- > Hot water and alcohol extracted for improved bioavailability
- > Guaranteed potency†



**Our Guarantee:** This product is verified for active compounds. There are no added starch, grains or mycelium.

**Suggested Use:** Adults take 2 capsules per day.

**Storage:** Store in a cool dry place with the lid securely closed.

**Warning:** Keep out of reach of children. Consult a physician if you are pregnant or nursing; have or had a medical condition; or are taking prescription drugs.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



NPN #80121758

Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.



**Real Mushrooms®**

# REALREST™ †

## MUSHROOMS + HERBS



Reishi Mushroom  
Lemon Balm  
Valerian Root

**60 CAPSULES**  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 capsules

	Amount per serving	%DV
<b>Organic Reishi Mushroom Extract</b> <i>Ganoderma lingzhi</i>	500mg	*
<b>Organic Lemon Balm (leaf) Extract</b> <i>Melissa officinalis</i>	250mg	*
<b>Organic Valerian (root) Extract</b> <i>Valeriana officinalis</i>	250mg	*

\* Daily Value (DV) not established.

**Other ingredients:** Vegetable capsule (pullulan), Microcrystalline cellulose, L-Leucine, Silicon dioxide.

**Distributed by: Real Mushrooms Inc.**  
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