



# ULTIMATE MUSHROOM COMPLEX

Boost your immune system, sharpen your mind, and maintain balance with our powerful 6-mushroom blend.†

With a 12:1 extraction ratio, 1,000mg of our extract gives you the benefits of 12,000mg of this mushroom complex.

- Vegan ● Non-GMO ● Cruelty-Free
- No Added Grain or Filler

† 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.

# FRESHcap

MUSHROOM EXTRACT POWDER

12:1 Extract Ratio equivalent to 12,000 mg Mushrooms Per Serving

# ULTIMATE MUSHROOM COMPLEX

Lion's Mane | Turkey Tail | Reishi  
Cordyceps | Maitake | Chaga



Dietary Supplement  
60 Servings  
Net Wt. 2.1oz (60g)

## Supplement Facts

Serving Size 1 scoop (1g)  
Servings Per Container 60

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	1 g	<1%*
<b>Organic Mushroom Blend (standardized to contain 29% Beta Glucans)(from 12:1 extract, equivalent to 12,000mg mushrooms)</b>	1,000mg	--
Organic Maitake Extract (Grifola frondosa)(Fruiting Body)		
Organic Chaga Extract (Inonotus obliquus)(Fruiting Body)		
Organic Turkey Tail Extract (Coriolus versicolor)(Fruiting Body)		
Organic Reishi Extract (Ganoderma lucidum)(Fruiting Body)		
Organic Cordyceps Extract (Cordyceps militaris)(Fruiting Body)		
Organic Lion's Mane Extract (Hericium erinaceus)(Fruiting Body)		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value not established.

**OTHER INGREDIENTS:** None  
**DEVELOPED BY AND MANUFACTURED FOR:**  
Karaka LLC, 444 W. Lake Street, Suite 1700, Chicago, IL 60606  
1 (844)793-2853 | support@freshcap.com  
Certified Organic by CCOF

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

**CALIFORNIA WARNING:** Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

**SUGGESTED USE:** As a dietary supplement, take 1 gram per day, or as recommended by a qualified healthcare practitioner. Mix into coffee, tea, smoothies or foods.

**STORAGE:** Avoid excessive heat, light, and moisture. Reseal after opening. Filled by weight, not volume.



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