



LION'S MANE

- Fuel Brain Health & Power*
- Mental Focus & Clarity*
- Immunity Support*

ORGANIC LION'S MANE



One of the most critical factors in producing superior workout intensity is mental focus. The precise amount of cognitive stimulation will help ensure that motivation, clarity, mood and mental stamina are fully optimized. By taking Allmax Lion's Mane prior to hitting the gym, you are on your way to creating the optimal mental focus for some serious training.

Lion's Mane Mushroom, also known as *Hericium erinaceus*, hou tou gu or yamabushitake, are large white, shaggy mushrooms that resemble a lion's mane as they grow. Lion's Mane Mushrooms have been used in several Asian countries for its culinary and medicinal properties. Their extracts are often used in over-the-counter health supplements.

Brain Health & Power: Chronic inflammation and oxidative stress are believed to be at the root of many modern illnesses, including heart disease, cancer and autoimmune disorders. In fact, one study examining the antioxidant abilities of 14 different mushroom species found that lion's mane had the fourth highest antioxidant activity and recommended it be considered a good dietary source of antioxidants.

Mental Focus & Clarity: Lion's Mane is an extremely powerful catalyst for brain cell regeneration and mental optimization.² It has also been shown to assist in alleviating brain fog, decrease anxiety, and increase mental alertness.

Immuno-modulator: Research also shows that these extremely versatile mushrooms are rich in fungal polysaccharides, which are shown to have immuno- modulating, properties that may help reduce the impact of chronic illnesses.

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Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

| Amount Per Serving | % DV |
|---|------|
| Organic Lion's Mane 600 mg † | |
| [(<i>Hericium erinaceus</i> , Fruiting Body) Extract] (30% Polysaccharide, 4:1, QCE 2,400 mg) | |

† Daily Value (DV) not established.

Other Ingredients: Hypromellose (Capsule), Microcrystalline Cellulose, Silicon Dioxide, Magnesium stearate

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.