



NEW WITH LION'S MANE

## Minerals & Mushrooms

A Supercharged Mineral & Electrolyte Rich Food

WITH ORGANIC MUSHROOMS

REISHI, SHIITAKE, MAITAKE, CORDYCEPS AND LION'S MANE

CONTAINS NO ADDED SILICA

600 Grams (21.2 oz.)



**Suggested use:** Add 26 grams (2 level tablespoons) to smoothies, soups, salads and sauces.

**Minerals & Mushrooms** is an alkaline whole food processed from goat milk. It is gently processed using an infra-red light versus extreme temperatures. This method optimizes the preservation of nutrient value and taste. Contains over 20 different food-based minerals and electrolytes.

*Proprietary Mushroom Blend: 2000 mgs*

### Mushroom Benefits

- Promotes a Healthy Immune System
- Provides Adaptogenic/Stress Support
- Increases Cardiovascular Health
- Aids in Blood Sugar Level Support
- Improves Leaky Gut/Digestive Issues
- Supports Bone Health
- Improves Cognition/Promotes Grown of Brain Cells

**Allergen Information:** Contains Goat Milk (Minerals) Ingredients

**No chemicals or preservatives added**

**Energy Quixotica®**



407 N. Pacific Coast Hwy #874

Redondo Beach, CA 90277

Phone: 800-383-1287

info@energyquixotica.com

www.lifestylequixotica.com

ELECTROLYTES			
CALCIUM	228 MG	PHOSPHORUS	161.5MG
POTASSIUM	1035 MG	SODIUM	90.3MG
MAGNESIUM	33 MG	CHLORIDE	561.5MG
TRACE MINERALS*			
COPPER	19 MCG	MANGANESE	23.8 MCG
IRON	0.285 MCG	ZINC	380 MCG

\*typical assay per serving

## Nutrition Facts

24 servings per container

**Serving size 2 level tbsp (25g)**

**Amount Per Serving**

**Calories 80**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 135mg **6%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 0g **0%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0%

Calcium 25%

Iron 0%

Potassium 30%

Vitamin B6 2%

Phosphorus 15%

Magnesium 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rev-ID 1743-28024

**Ingredients:** Goat Milk Minerals, organic Lion's Mane, organic Reishi, organic rice powder, Jerusalem Artichoke, organic Shiitake, Maitake, Cordyceps





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