



NATURE'S SUNSHINE

My-Immune Defense Mushroom Blend

Organic

GOOD FOR

Immune System

Lymphatic System

Musculoskeletal System

SIZE **90 grams**

ITEM # **22470**

SERVING **3 g**

SUPPLY **30 days**

DIRECTIONS FOR USE Mix one scoop (3 g) of MY-Immune Defense with your favorite smoothie, juice, or recipe for a nourishing boost of organic mushrooms goodness! Use daily for best results.

— How the Key Ingredients Work

My-Immune Defense brings together five time-honored medicinal mushrooms and vitamin D in one formula designed to strengthen your body's natural defenses, help you bounce back faster, and keep your energy steady day after day. Each ingredient was chosen because real research backs its role in supporting immunity, resilience, and overall vitality.

Turkey Tail Mushroom — Often called the world's most studied medicinal mushroom, turkey tail contains two special compounds — PSK and PSP — that have been shown in clinical research to wake up tired immune cells, boost T-cell and natural killer cell activity, and help the body recover its immune strength after it has been put through the wringer.

Reishi Mushroom — Revered for thousands of years as the 'mushroom of immortality,' reishi helps the immune system find its balance — calming it when it's overreacting and encouraging it when it needs a nudge. Studies also show it supports healthy antioxidant levels in the body, helping protect cells from everyday wear and tear.

Chaga Mushroom — Harvested from birch trees in cold northern forests, chaga has been used since at least the 12th century as an immune tonic and strength-restorer after illness. It's packed with beta-glucans and polyphenols that research shows can support the body's antiviral defenses and help the immune system get back on its feet after a tough stretch.

Cordyceps — Cordyceps is a remarkable fungus long prized in traditional Chinese medicine for fighting fatigue and building stamina. Modern research backs this up — a clinical trial found it improved tolerance to high-intensity exercise. It also contains antioxidant compounds that help shield the body from oxidative stress, making it a great ally for both active days and recovery days.

Shiitake Mushroom — A kitchen staple turned wellness powerhouse, shiitake is loaded with ergothioneine — a unique antioxidant that the body actively seeks out and concentrates in tissues that face the most oxidative stress. Its beta-glucans and polyphenols help support immune function and provide free-radical protection that researchers have confirmed in multiple studies.

Vitamin D — Often called the sunshine vitamin, vitamin D plays a surprisingly big role in how well your immune system works. It helps fine-tune the immune response so your body can react appropriately to threats without going overboard. Many people don't get enough, especially in winter months, making supplementation a smart daily habit for immune and overall health support.

 (888) 510-7196  service@caringsunshine.com

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