



WE ALL SEEK TO IMPROVE OURSELVES: TO LIVE BETTER AND TO BE BETTER PEOPLE. WE SEEK PEAK PERFORMANCE AND A LIFE IN ALIGNMENT WITH OUR VALUES. STILL NONE OF US ARE PERFECT. WE COULD ALL USE A LITTLE HELP! OUR PLANET HAS PROVIDED US WITH AN ABUNDANCE OF GIFTS. OUR INTENTION, AT STEDING & SONS, IS TO COMBINE THE BEST OF THESE GIFTS AND SUPPORT OUR BEAUTIFUL, IMPERFECT COMMUNITY. WE INTEND TO PROVIDE THE PERFECT SUPPLEMENTS FOR IMPERFECT PEOPLE.



STEDING & SONS



ALLIED FORCES ARE POTENT COMBINATIONS OF THE WORLD'S BEST FUNCTIONAL MUSHROOMS AND OTHER NATURAL INGREDIENTS. LIKE A GOOD TEAM, SYNERGISTIC COMPONENTS ALLY TO PRODUCE RESULTS GREATER THAN THE SUM OF PARTS INCLUDED. LIKE A GREAT TEAMMATE, STEDING & SONS ALLIED FORCES WILL HELP OUR CONSUMERS FACILITATE THEIR OWN UNIQUE POTENTIAL

2024

INTRODUCTORY
CATALOG

THANK YOU SO MUCH! WE ARE TRULY GRATEFUL FOR OUR CUSTOMERS!

STEDING & SONS

1501 PANTHER LOOP 7C
PFLUGERVILLE, TX 78660

737 293 7023

WWW.STEDINGANDSONS.COM

ORDERS@STEDINGANDSONS.COM

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** Nobody likes feeling like ass!*

THAT'S WHY WE INVENTED NONASS

STEDING & SONS

NONASS

AVAILABLE IN CAPSULES & LIQUID!

MAY SUPPORT:

REDUCED MISERY THE DAY AFTER DRINKING

ACTIVE INGREDIENTS & REPORTED BENEFITS:

VINE TEA EXTRACT (DHM)
MAY SUPPORT LIVER FUNCTION & ALCOHOL METABOLISM.

MILK THISTLE EXTRACT
MAY SUPPORT DETOXIFICATION.

REISHI MUSHROOM EXTRACT
MAY IMPROVE LIVER HEALTH.

B-VITAMINS - MAY SUPPORT IMPROVED ENERGY.

VITAMIN C - MAY SUPPORT THE IMMUNE SYSTEM.

NONASS IS INTENDED TO HELP PREVENT FEELING MISERABLE, THE DAY AFTER DRINKING BOOZE.

TAKE 2 CAPSULES (OR 1 BOTTLE) WITH WATER, BEFORE YOUR FIRST DRINK.

FOR ADDED SUPPORT, TAKE 2 MORE CAPSULES AFTER YOUR LAST DRINK.



CONSULT PHYSICIAN BEFORE USE. THE FDA HAS NOT EVALUATED THESE STATEMENTS. PRODUCT IS NOT INTENDED TO TREAT, PREVENT OR CURE ANY DISEASE.

OBJECTS SHOWN ARE NOT TO SCALE

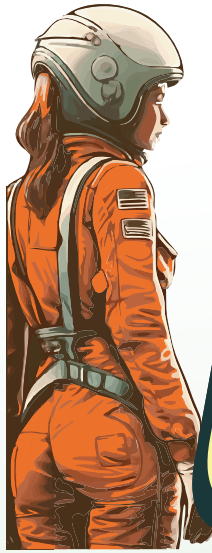
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LIGHTSPEED LASERBRAIN IS INTENDED TO SUPPORT FOCUS, WELL-BEING AND SUSTAINED COGNITIVE FUNCTION.



STEDING & SONS

LIGHTSPEED LASERBRAIN



MAY SUPPORT:

ASTRONOMICAL FOCUS

MUSHROOMS + SHILAJIT + COFFEE

AVAILABLE AS INSTANT COFFEE & CONVENIENT CAPSULES

LION'S MANE
GREEN COFFEE BEAN EXTRACT
5-HTP
GUARANA
CORDYCEPS
CHAGA
SHILAJIT

CONSUMERS HAVE REPORTED INCREASED FOCUS AFTER THEIR FIRST SERVING. BUT TO MAXIMIZE BENEFITS, CONSISTENT USE OVER THE PERIOD OF 1 WEEK TO 10 DAYS IS ADVISED.

- Coffee/Green Coffee Bean Extract – May support focus. Rich in antioxidants.
- Guarana – Natural caffeine may support increased brainpower and focus. Antioxidants.
- Shilajit – May support cognitive, sexual & exercise performance.
- Lion's Mane Mushroom Extract – May support brain function & improved mental health.
- Cordyceps Mushroom Extract – May support mental clarity and improved stress mgmt.
- Chaga Extract – May support improved metabolism & endurance & reduce inflammation.
- 5-HTP – May support improved mood and stress management.

DIETARY SUPPLEMENT
APPROXIMATELY 125 MG
CAFFEINE PER SERVING



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FEEL GOOD!



BOOM! ★★☆☆☆☆

Chaga

LAKA LAKA

CHAGA
LION'S
MANE
5 HTP
GUARANA
TURKEY TAIL
REISHI
CORDYCEPS

DIETARY SUPPLEMENT

MAY SUPPORT:

IMPROVED MOOD, ENERGY AND WELLBEING

LION'S MANE MUSHROOM EXTRACT
MAY SUPPORT BRAIN FUNCTION & MENTAL HEALTH.

CORDYCEPS MUSHROOM EXTRACT
MAY SUPPORT ENHANCED MENTAL CLARITY AND STRESS MGMT.

CHAGA MUSHROOM EXTRACT
MAY SUPPORT IMPROVED METABOLISM & ENDURANCE
& REDUCE INFLAMMATION.

REISHI MUSHROOM EXTRACT
MAY SUPPORT MENTAL CLARITY.

SOMETIMES WE JUST
WISH WE COULD BE
NICER PEOPLE...
FEELING GOOD HELPS!
BOOM! CHAGA LAKA LAKA
MAY SUPPORT
IMPROVED MOOD

5-HTP
MAY SUPPORT IMPROVED MOOD
& STRESS MANAGEMENT

GUARANA
NATURAL CAFFEINE MAY SUPPORT
INCREASED BRAINPOWER AND FOCUS.
RICH IN ANTIOXIDANTS.

**TURKEY TAIL
MUSHROOM EXTRACT**
MAY SUPPORT INCREASED
ATHLETIC PERFORMANCE
AND REDUCE FATIGUE

CUSTOMERS MAY EXPERIENCE
INCREASED FOCUS AND IMPROVED
MOOD AFTER THEIR FIRST SERVING.
BUT TO MAXIMIZE BENEFITS,
CONSISTENT USE, OVER THE PERIOD
OF 1 WEEK TO 10 DAYS IS
ADVISED. BOOM! CONTAINS
APPROXIMATELY 55MG OF CAFFEINE
PER SERVING.



BOOM! CHAGA LAKA LAKA... BOOM! CHAGA LAKA LAKA... BOOM! CHAGA LAKA LAKA LAKA... BOOM!



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STEDING & SONS

"SIBERIAN ★
STEEL"

SHILAJIT +

CAPSULES

DIETARY SUPPLEMENT

SIBERIAN
SHILAJIT
POWDER WITH
CHAGA
MUSHROOMS
FOR SUPERIOR
ABSORPTION

MAY SUPPORT:

IMPROVED PERFORMANCE AND ACHIEVEMENT

LEARN MORE ABOUT SHILAJIT AND ALL OTHER ALLIED FORCES INGREDIENTS IN OUR EDUCATIONAL BROCHURE

SHILAJIT HAS BEEN USED IN AYURVEDA FOR CENTURIES AND IS POPULAR AMONG ATHLETES AND HIGH ACHIEVERS. DEVELOPING A TREMENDOUS FOLLOWING IN RECENT YEARS.

MAXIMIZE YOUR POTENTIAL AT WORK, AT THE GYM AND IN THE BEDROOM!

CUSTOMERS MAY EXPERIENCE IMPROVEMENT IN THE FIRST WEEK. BUT CONTINUED USE FOR TWO WEEKS, OR MORE, IS BELIEVED NECESSARY TO MAXIMIZE POTENTIAL.

1 FULL SERVING OF SHILAJIT (200MG) PER CAPSULE
APPROXIMATELY 750MG OF CHAGA MUSHROOM EXTRACT PER CAPSULE



50 CAPSULES PER JAR
1-2 SERVINGS
DAY SUGGESTED
1 MONTH SUPPLY



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JUMPKICKER

DAYTIME MOOD SUPPORT

IF IT'S HARD TO KICK...
KICK IT HARD!

LION'S
MANE
CHAGA
AGMATINE
SULFATE
REISHI
GABA
5-HTP
MAGNESIUM

MAY SUPPORT:

IMPROVED WELLBEING AND ADAPTABILITY TO CHANGE

Jumpkicker is intended to support mood, wellbeing and productivity. The ingredients may be interesting to consumers who have consumed kratom products for these effects and are now seeking an alternative. The ingredients contained are legal in all 50 states and throughout the world. Jumpkicker is not psychoactive, but instead contains ingredients that may support the body's natural functions. Jumpkicker is intended as a daytime supplement but does not contain caffeine or any stimulants. Customers may experience improved mood after their first serving, but to maximize benefits, consistent use, over the period of 1 week to 10 days is advised.

- Lion's Mane Mushroom Extract - May support optimal brain function & mental health
- Cordyceps Extract - May support mental clarity and improved stress management
- Chaga Mushroom Extract - May support improved endurance
- Reishi Mushroom Extract - May support mental clarity
- Agmatine Sulfate - May improve blood flow and support sustained energy
- 5-HTP - Improved stress management. Improved mood & stress management
- Magnesium - May support restful sleep and reduce restlessness
- GABA - May reduce anxiety and support a calm demeanor

- Available Products:
- Jumpkicker Capsules
 - 50 Jumbo Capsules
 - Trial Size
 - 150 Jumbo Capsules
 - Month's Supply



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Ssshhhh.... A RESTFUL BREAK FROM LEGS THAT SHAKE



STEDING & SONS

LAZY LEGS P.M.

MAY SUPPORT:

IMPROVED REST AND DECREASED DESIRE TO TOSS AND TURN

FOR BEST RESULTS PAIR WITH A HOT SHOWER!

LAZY LEGS PM IS INTENDED TO SUPPORT REST AND RELAXATION. THE INGREDIENTS MAY BE INTERESTING TO CONSUMERS WHO HAVE CONSUMED KRATOM PRODUCTS FOR THESE EFFECTS AND ARE SEEKING AN ALTERNATIVE. THE INGREDIENTS CONTAINED ARE LEGAL IN ALL 50 STATES AND THROUGHOUT THE WORLD. LAZY LEGS PM IS INTENDED FOR EVENING USE AND MAY REDUCE THE DESIRE TO TOSS AND TURN.

ASHWAGANDHA EXTRACT -
MAY REDUCE STRESS AND ANXIETY
REISH MUSHROOM EXTRACT
MAY SUPPORT MENTAL RELAXATION
VALERIAN ROOT EXTRACT
MAY IMPROVE STRESS MANAGEMENT
AND NATURALLY AID SLEEP

5-HTP - MAY SUPPORT IMPROVED MOOD & STRESS MANAGEMENT
MAGNESIUM - MAY SUPPORT RESTFUL SLEEP AND REDUCE RESTLESSNESS
GABA - MAY REDUCE ANXIETY AND SUPPORT A CALM DEMEANOR

DIETARY SUPPLEMENT



OBJECTS SHOWN ARE NOT TO SCALE

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We all seek to improve ourselves: to live better and to be better people. We seek peak performance and a life in alignment with our values, still none of us are perfect. We could all use a little help! Our Planet has provided us with an abundance of gifts. Our intention, at *Steding & Sons*, is to combine the best of these gifts and support our beautiful, imperfect community. We intend to provide the perfect supplements for imperfect people.

Allied Forces are potent combinations of the world's best functional mushrooms, and other natural ingredients. Like a good team, synergistic components ally to produce results greater than the sum of parts included. *Steding & Sons Allied Forces*, like a great teammate, will help our consumers facilitate their own unique potential.

Sometimes, we drink a little more than we should, so there's **NonAss!**
Our brains need high octane fuel; ignite the mind with **Lightspeed Laserbrain!**
We aren't as kind as we should be. We just need a mood boost. **Boom Chaga Laka Laka!**
Stress and overwork can be fatiguing. Fortify with **Siberian Steel!**
A once helpful habit no longer serves us. Kick it to the curb with **Jumpkicker!**
We toss and turn at night. We need a restful break from legs that shake - **Lazy Legs PM!**

We are very proud to present the introductory line of *Steding & Sons Allied Forces* and hope you and your customers will love them as much as we do. We are grateful for the privilege of sharing them. We hope these products will help facilitate your best intentions and support healthy choices! All ingredients are legal in all 50 states and worldwide! We hope *Allied Forces* will play a small role in making our world better.

Thank you so much for the opportunity,

A handwritten signature in black ink, appearing to read "Jeremy Steding".

Jeremy Steding, *President*

Jeremy Steding, President, *Steding & Sons Allied Forces*
info@stedingandsons.com
www.stedingandsons.com



NonAss – *If You're Tying One On... Take NonAss Along!*

NonAss is intended to aid in recovery when consuming alcohol. While we don't condone boozing your face off on a regular basis, we know that alcohol is very much an ingrained part of our culture and millions of Americans partake. I do! NonAss may help minimize the price paid for a night on the town. If you're tying one on, take NonAss along! Please drink responsibly. Product does not prevent alcohol intoxication.

May Support:

Reduced Misery The Day After Drinking Booze

Active Ingredients & Reported Benefits:

Vine Tea Extract (DHM) – May support liver function & alcohol metabolism.

Milk Thistle Extract – May support detoxification.

Reishi Mushroom Extract – May improve liver health.

B-Vitamins – May support improved energy.

Vitamin C – May support the immune system.

Available Products:

NonAss Liquid

Single Serving Bottle – 1oz

Box of 12 Single Serve Bottles

NonAss Capsules:

4 Capsule – Double Serving

50 Jumbo Capsule – Month's Supply

The FDA has not evaluated these statements. Products are not intended to treat, prevent or cure any disease. Please consult with a physician before use.

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Lightspeed Laserbrain – Astronomical Focus

Lightspeed Laserbrain is intended to support focus, well-being and sustained cognitive function. If mushroom coffee is hot, *Lightspeed Laserbrain* is an inferno! Beyond powerful functional mushrooms, this blend incorporates Siberian shilajit, guarana & 5-HTP to maximize potential! Consumers have reported increased focus after their first serving, but to maximize benefits, consistent use over the period of 1 week to 10 days is advised.

May Support:

Improved Focus, Performance & Wellbeing

Active Ingredients & Reported Benefits:

Coffee/Green Coffee Bean Extract – May support focus. Rich in antioxidants.

Guarana – Natural caffeine may support increased brainpower and focus. Antioxidants.

Shilajit – May support cognitive, sexual & exercise performance.

Lion’s Mane Mushroom Extract – May support brain function & improved mental health.

Cordyceps Mushroom Extract – May support mental clarity and improved stress mgmt.

Chaga Extract – May support improved metabolism & endurance & reduce inflammation.

5-HTP – May support improved mood and stress management.

Available Products:

Lightspeed Laserbrain Coffee:

Single Serving Coffee – 10g

Month Supply of Coffee – 300g

Approximately 125mg caffeine/serving

Lightspeed Laserbrain Capsules:

50 Jumbo Capsule – Trial Size

150 Jumbo Capsule – Month’s Supply

Approximately 120mg caffeine/serving

The FDA has not evaluated these statements. Products are not intended to treat, prevent or cure any disease. Please consult with a physician before use.

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Boom Chaga Laka Laka – Feel Good!

Boom Chaga Laka Laka is intended to support mood, wellbeing and productivity. Beyond the incredibly popular functional mushrooms, *Boom Chaga Laka Laka* incorporates guarana, a natural source of caffeine, and 5-HTP for a quick boost of “feel good” energy! Customers may experience increased focus and improved mood after their first serving, but to maximize benefits, consistent use, over the period of 1 week to 10 days is advised. BOOM! Contains approximately 55mg of caffeine per serving.

May Support:

Improved Mood, Energy and Wellbeing

Active Ingredients & Reported Benefits:

Lion’s Mane Mushroom Extract – May support brain function & mental health.

Cordyceps Mushroom Extract – May support enhanced mental clarity and stress mgmt.

Chaga Extract – May support improved metabolism & endurance & reduce inflammation.

Reishi Mushroom Extract – May support mental clarity.

5-HTP – May support improved mood & stress management

Guarana – Natural caffeine may support increased brainpower and focus. Antioxidants.

Turkey Tail Mushroom Extract – may support increased athletic performance and reduce fatigue

Available Products:

Boom Chaga Laka Laka Capsules

50 Jumbo Capsule – Trial Size

150 Jumbo Capsule – Month’s Supply

The FDA has not evaluated these statements. Products are not intended to treat, prevent or cure any disease. Please consult with a physician before use.

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Siberian Steel – Natural Vitality & Performance

Siberian Steel is intended to support athletic and cognitive performance and achievement. Shilajit has been used in *Ayurveda* for centuries and is popular among athletes and high achievers, developing a tremendous following in recent years. Customers may experience improvement in the first week or two, but continued use, for two weeks or more, is believed necessary to maximize potential. Maximize *your* potential – at work, at the gym and, of course, in the bedroom!

May Support:

Increased Performance and Achievement

Active Ingredients & Reported Benefits:

Shilajit – May support cognitive, sexual & exercise performance.

Chaga Mushroom Extract – May support improved metabolism & endurance.

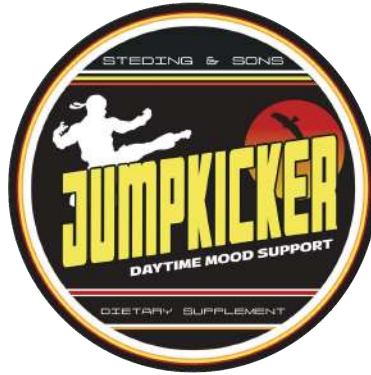
Available Products:

Siberian Steel Capsules

50 Capsules – Month's Supply

The FDA has not evaluated these statements. Products are not intended to treat, prevent or cure any disease. Please consult with a physician before use.

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Jumpkicker – Daytime Mood Support

Jumpkicker is intended to support mood, wellbeing and productivity. The ingredients may be interesting to consumers who have consumed kratom products for these effects and are now seeking an alternative. *Jumpkicker* is not psychoactive, but instead contains ingredients that may support the body's natural functions. The ingredients contained are legal in all 50 states and throughout the world. *Jumpkicker* is intended as a daytime supplement but does not contain caffeine or any stimulants.

May Support:

Improved Wellbeing and Adaptability to Change

Active Ingredients & Reported Benefits:

Lion's Mane Mushroom Extract – May support optimal brain function & mental health

Cordyceps Extract – May support mental clarity and improved stress management

Chaga Mushroom Extract – May support improved endurance

Reishi Mushroom Extract – May support mental clarity

Agmatine Sulfate – May improve blood flow and support sustained energy

5-HTP – Improved stress management. Improved mood & stress management

Magnesium – May support restful sleep and reduce restlessness

GABA – May reduce anxiety and support a calm demeanor

Available Products:

Jumpkicker Capsules

50 Jumbo Capsule – Trial Size

150 Jumbo Capsule – Month's Supply

The FDA has not evaluated these statements. Products are not intended to treat, prevent or cure any disease. Please consult with a physician before use.

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Lazy Legs PM – A Restful Break from Legs That Shake

Lazy Legs PM is intended to support rest and relaxation. The ingredients may be interesting to consumers who have consumed kratom products for these effects and are seeking an alternative. The ingredients contained are legal in all 50 states and throughout the world. *Lazy Legs PM* is intended for evening use and may reduce the desire to toss and turn.

May Support:

Improved Rest and Decreased Desire to Toss and Turn

Active Ingredients & Reported Benefits:

Ashwagandha Extract – May reduce stress and anxiety

Valerian Root Extract – May improve stress management and naturally aid sleep

Reishi Mushroom Extract – May support mental relaxation

5-HTP – May support improved mood & stress management

Magnesium – May support restful sleep and reduce restlessness

GABA – May reduce anxiety and support a calm demeanor

Available Products:

Lazy Legs PM Capsules

3 Capsule Single Serving

90 Jumbo Capsule – Month's Supply

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Product Breakdown

NonAss Capsules



If You're Tying One On... Take NonAss Along!

Ingredients Per SERVING - 2 Capsules Per Serving

- DHM (Vine Tea Extract - NLT 98% DHM) - 450mg
- Reishi Mushroom - Fruiting Body Extract (30% Polysaccharides) - 920mg
- B-Vitamin Complex - 50mg
 - B1 4.5mg - 375%
 - B2 3.9mg - 325%
 - B6 4.5mg - 350%
 - B12 - 4.5mg - 295%
 - Pantothenic Acid - 6.5mg - 130%
 - Niacin - 14.5mg - 90%
 - Folic Acid - .2mg - 51%
- Vitamin C - 90mg - 100%
- Milk Thistle Extract (NLT 80% as Silymarin) - 450mg

INACTIVE INGREDIENTS:

Sunflower Lecithin (As emulsifier) - 40mg



Product Breakdown

NonAss Liquid



If You're Tying One On... Take NonAss Along!

ACTIVE Ingredients Per SERVING - 1 Bottle Per Serving (1oz)

- DHM (Vine Tea Extract - NLT 98% DHM) - 468mg
- Reishi Mushroom - Fruiting Body Extract (30% Polysaccharides) - 508mg
- B-Vitamin Complex - 50mg
 - B1 4.5mg - 375%
 - B2 3.9mg - 325%
 - B6 4.5mg - 350%
 - B12 - 4.5mg - 295%
 - Pantothenic Acid - 6.5mg - 130%
 - Niacin - 14.5mg - 90%
 - Folic Acid - .2mg - 51%
- Vitamin C - 90mg - 100%
- Milk Thistle Extract (NLT 80% as Silymarin) - 470mg

Inactive Ingredients Per Serving

- Sunflower Lecithin (As emulsifier) - 190mg
- Lemon Powder - 390mg
- Lime Powder - 390mg
- Citric Acid - 117mg
- Stevia Powder Extract - 19mg



Product Breakdown

Lightspeed Laserbrain Coffee



Astronomical Focus

ACTIVE Ingredients Per SERVING - Serving Size 10 grams

- Premium Indonesian Instant Coffee - 4875mg
- Green Coffee Bean Extract - 4:1 Extract - 125mg
- Lion's Mane Extract (30% Polysaccharides) - 1500mg
- Chaga Mushroom Extract (50% Polysaccharides) - 1000mg
- Powdered Shilajit (100% Pure) - 200mg
- Cordyceps Extract 10:1 Extract - 1750mg
- 5-HTP - 150mg
- Guarana Extract (22% Caffeine) - 300mg

Inactive Ingredients Per Serving

Sunflower Lecithin (As emulsifier) - 100mg



Product Breakdown

Lightspeed Laserbrain Capsules



Astronomical Focus

ACTIVE Ingredients Per SERVING - Serving Size 5 Capsules

- Green Coffee Bean Extract - 4:1 Extract - 625mg
- Lion's Mane Extract (30% Polysaccharides) - 1000mg
- Chaga Mushroom Extract (50% Polysaccharides)- 1000mg
- Powdered Shilajit (100% Pure) - 200mg
- Cordyceps Extract 10:1 Extract - 1500mg
- 5-HTP - 100mg
- Guarana Extract (22% Caffeine) - 500mg

Inactive Ingredients Per Serving

- Sunflower Lecithin (As emulsifier) - 75mg



Product Breakdown

Boom Chaga Laka Laka Capsules



Feel Good!

ACTIVE Ingredients Per SERVING - Serving Size 5 Capsules

- Lion's Mane Extract (30% Polysaccharides) - 1000mg
- Chaga Mushroom Extract (50% Polysaccharides) - 1000mg
- Cordyceps Extract 10:1 Extract - 1125mg
- Reishi Mushroom - Fruiting Body Extract (30% Polysaccharides) - 900mg
- 5-HTP - 150mg
- Turkey Tail Mushroom Extract 4:1 Extract - 500mg
- Guarana Extract (22% Caffeine) - 250mg

Inactive Ingredients Per Serving

- Sunflower Lecithin (As emulsifier) - 75mg



Product Breakdown

Siberian Steel Capsules



Fortify For Life!

ACTIVE Ingredients Per SERVING - Serving Size 1 Capsule

- Chaga Mushroom Extract (50% Polysaccharides) - 785mg
- Powdered Shilajit (100% Pure) - 200mg

Inactive Ingredients Per Serving

- Sunflower Lecithin (As emulsifier) - 15mg



Product Breakdown

Jumpkicker Capsules



If It's Hard to Kick... Kick It Hard!

ACTIVE Ingredients Per SERVING - Serving Size 5 Capsules

- Lion's Mane Extract (30% Polysaccharides) - 1000mg
- Chaga Mushroom Extract - 1000mg
- Reishi Mushroom - Fruiting Body Extract (30% Polysaccharides) - 950mg
- GABA (100% Pure) - 750 mg
- Agmatine Sulfate (100% Pure) - 1000mg
- 5-HTP - 200mg
- Magnesium (Aspartate) NLT 95% Purity - 50mg
-

Inactive Ingredients Per Serving

- Sunflower Lecithin (As emulsifier) - 50mg



Product Breakdown

Lazy Legs PM



A Restful Break From Legs That Shake

Active Ingredients Per SERVING - 3 Capsules Per Serving

- GABA (100% Pure) - 900 mg
- Ashwagandha Extract 20:1 - 720mg
- Valerian Root 4:1 Extract - 720mg
- Reishi Mushroom - Fruiting Body Extract (30% Polysaccharides) - 540mg
- Magnesium (Aspartate) NLT 95% Purity - 38mg
- 5-HTP (100% Pure) - 38mg

Inactive Ingredients Per Serving

- Sunflower Lecithin (As emulsifier) - 44mg