

**Directions:** 2 capsules daily or as directed by your healthcare practitioner.

**Cautions:** Do not exceed stated daily dose. Store out of reach of children. Food supplements should not be used as a substitute for a varied diet. Store in a cool dark place. Do not use if seal is broken.

**Ingredients:** Rhodiola Rosea Extract, Chaga Mushroom Powder (Inonotus Obliquus), Maca Extract (Lepidium Meyenii), Korean (Panax) Ginseng Extract, Cordyceps Sinensis Extract, KSM-66 Ashwagandha Root Extract (Withania Somnifera), Vitamin B12, Hydroxypropylmethyl cellulose (capsule shell).

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[www.fushiwellbeing.com](http://www.fushiwellbeing.com)

Fushi Wellbeing Ltd.  
Unit 9 Roslin Sq | Keizersgracht 482  
London, VV3 8DH | 1017EG, Amsterdam  
United Kingdom | Netherlands



# ADAPTOGEN ENERGY

herbal extracts, vitamins & superfoods blend with  
**ASHWAGANDHA & CHAGA MUSHROOM**

food supplement | 60 vegan capsules



Fushi food supplement blends are created with high strength herbal extracts, vitamins & superfoods combined with our Fushi fresh-ground® herbs from this season's harvest and encapsulated in our London workshop, to provide natural support for everyday wellbeing.

Nutritional Breakdown	Per 2 caps	%RI*
Rhodiola Rosea Extract	450mg	
Chaga Mushroom	300mg	
Maca Extract	297.45mg	
Korean Ginseng Extract	150mg	
Cordyceps Sinensis Extract	150mg	
KSM-66 Ashwagandha Root Extract	150mg	
Vitamin B12 (Cobalamin)	2.55µg	100%
*RI= Reference intake		