



Longevity & Wellbeing

Mushroom Superfood Blend (Coconut Banana)





A Note from Our Founder

In today's crowded wellness space, knowing what to trust can be a challenge. I created More. Longevity & Wellbeing to offer clean, effective solutions—crafted with intention, rooted in science, and designed to support real, lasting change.

At More., we go beyond ingredients. Every formula is developed with bioavailability and synergy in mind—ensuring nutrients are delivered in forms your body can absorb, and work in harmony to support your health.

We take a systems-based approach, working with the body's natural intelligence to promote balance, resilience, and whole-body vitality.

No trends. No fillers. Just thoughtful formulations made to meet you where you are.

*Thank you for being here,
Pascale Rothman
Founder, More. Longevity & Wellbeing*



Evaluating the Science Behind Mushroom Superfood Blend (Coconut Banana) Offered by More Longevity & Wellbeing



More. Longevity & Wellbeing Mushroom Superfood Blend | Focus, Energy, Digestion, Immunity and Stress Relief | 7 Functional Mushrooms Including Lion's Mane, Cordyceps and Turkey Tail | Ashwagandha, Panax Ginseng and Vitamins | Potent Extract-Based Formula | No Fillers | No chemicals | Third-Party Tested | Made in the USA | Coconut Banana Flavor

Mushroom Superfood Blend (Coconut Banana) offered by More Longevity & Wellbeing presents a sophisticated formulation, integrating Adaptogens, Nootropics, essential Micronutrients and Prebiotic Fiber to target four interrelated domains of Human Function: Energy, Stress Response, Relaxation and Cognitive Focus. What distinguishes this product from conventional supplements is the synergistic Pharmacological Architecture - a blend grounded not in Isolated Symptom Relief but in Systems Biology.

How to Use

1. Scoop: Measure 1 scoop (12g) of the blend.
2. Pour: Add 8 oz of hot water for a warm, nourishing boost.
3. Stir & Savor: Stir thoroughly until smooth. Embrace the tropical coconut banana flavor as you indulge in a wellness moment.

For a creamy twist, mix with warm coconut milk or your preferred plant-based milk.

Supplement Facts			Servings Per Container: 20		
Serving Size: 12g (Approx. 1 Scoop)					
	Amount Per Serving	% Daily Value*	Continued	Amount Per Serving	% Daily Value*
Calories	40		Sodium	10mg	0%
Total Fat	2g	3%	Potassium	20mg	0%
Saturated Fat	1.5g	8%	Caffeine (as Green Tea Extract)	50mg	†
Trans Fat	0g	†	Ashwagandha Extract	300mg	†
Carbohydrates	5g	2%	Panax Ginseng	100mg	†
Dietary Fiber	5g	14%	Lion's Mane Mushroom (<i>Hericium Erinaceus</i>)	100mg	†
Total Sugars	1g	†	Shitake Mushroom (<i>Lentinula Edodes</i>)	100mg	†
Protein	0g		Chaga Mushroom (<i>Inonotus Obliquus</i>)	100mg	†
Vitamin C (as Sodium Ascorbate)	90mg	100%	Cordyceps Sinensis Mushroom (<i>Ophiocordyceps Sinensis</i>)	100mg	†
Vitamin D3 (as Cholecalciferol)	25mcg	125%	Turkey Tail Mushroom (<i>Trametes Versicolor</i>)	100mg	†
Vitamin B3 (as Niacin)	10mg	60%	Maitake Mushroom (<i>Grifola Frondosa</i>)	100mg	†
Vitamin B6 (as Pyridoxine HCl)	2mg	117%	Reishi Mushroom (<i>Ganoderma Lingzhi</i>)	100mg	†
Folate (as Methylfolate)	400mcg	100%	Turmeric Extract	70mg	†
Vitamin B12 (as Methylcobalamin)	500mcg	20,830%	Inulin, Chicory (as Prebiotic Fiber)	5000mg	†
Zinc (as Zinc Glycinate Chelate)	2mg	20%	Chia Seed (as Omega-3 Fatty Acid)	10mg	†

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value not established.

Other Ingredients: Coconut Milk Powder, Monk Fruit, Banana Juice Powder, Natural Flavors. Suggested Use: Add 1 scoop (12g) to 8oz. of hot water, stir well. Manufactured in a facility that processes Milk, Soy, Eggs, Nuts and Wheat.

Indulge in a journey of health with our premium blends, meticulously crafted to elevate lifestyle and vitality. Traditionally, mushrooms have been used for their ability to support overall health and well-being. Harness the remarkable healing capabilities of Mushroom Superfood Blend. Rich in nutrients, this formula offers comprehensive support for daily wellness. Transform with this cognitive and immune enhancing mix. For men and women.

www.morewellbeing.com

Made in the USA
Natural. Effective. Vegan.
No Artificial Additives,
Chemicals or Fillers.

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



Green Tea

At the core of its Energy-Supporting mechanism lies Green Tea, a natural source of Caffeine accompanied by Theanine. Unlike synthetic Caffeine sources, this combination promotes wakefulness while mitigating one's jittery sensation, thanks to Theanine's modulation of Alpha Brain Waves / GABAergic activity. Additionally, Panax Ginseng - a well-characterized Adaptogen - enhances ATP production / mitigates Fatigue via AMPK pathway activation. Cordyceps and Chaga, both medicinal Fungi, further augment Mitochondrial Bioenergetics / Oxygen Utilization, supporting Physical Stamina/Cellular Metabolism.



B Vitamins

The inclusion of Methylated B Vitamins (B3, B6, B9, B12) in bioavailable forms reflects a deliberate choice for Neurological Optimization. Methylfolate and Methylcobalamin bypass common expressions in Folate Metabolism (MTHFR), ensuring effective Homocysteine Regulation and Neurotransmitter Synthesis - critical for Mental Clarity / Sustained Energy.



Ashwagandha

Addressing Stress Relaxation, this formula leverages Ashwagandha, a well- documented Adaptogen known for regulating Cortisol Levels through Hypothalamic- Pituitary-Adrenal (HPA) Axis Modulation. This effect is complemented by Reishi, which contains Triterpenes / Beta-Glucans known to reduce Systemic Inflammation and support Parasympathetic Tone. Magnesium acts as a natural Anxiolytic by enhancing GABA activity and antagonizing NMDA receptors. These pathways reduce Neural Excitotoxicity / promote Restorative Calm.



Lion's Mane mushroom

Cognitive Focus is sharpened through the use of Lion's Mane, a Nootropic mushroom shown in vitro clinical studies to stimulate Nerve Growth Factor (NGF) Synthesis. This Neurotrophic Support is pivotal for Synaptic Plasticity, Memory Consolidation and Neurogenesis. The addition of Zinc, essential for over 300 enzymatic processes including Neurotransmission, fortifies these Cognitive benefits, especially when delivered in a chelated form that avoids Gastrointestinal Irritation / poor absorption.



Chicory root & Chia Seeds

In terms of Gut-Brain Axis optimization, the inclusion of Inulin (Chicory root) / Chia Seeds introduces a Prebiotic matrix that feeds Gut Flora. A robust Microbiome is linked to Neurotransmitter Balance / Immune Resilience / Mood Regulation.

Most competitor products falter due to Reductionism / Ingredient Isolation. They might target Energy with high-dose Caffeine or Focus with synthetic Nootropics, but rarely do they offer a multi-dimensional system that considers Biochemical Individuality, Neuroendocrine Integration and Bioavailability Optimization. Many lack Adaptogens, omit Methylated B-vitamins, or ignore the Gut-Brain Axis altogether, resulting in unbalanced stimulation or limited efficacy.

Mushroom Superfood Blend (Coconut Banana) stands apart due to its system-based approach, marrying ancient Botanical wisdom with contemporary Biochemical insight. The ingredient profile offered in this formula is a carefully designed Neuroadaptive Complex. For the consumer, the rationale to consider this blend is grounded in Holistic Efficacy: it promotes sustainable Energy without Overstimulation, modulates Stress without Sedation, fosters Relaxation while maintaining Alertness and supports Cognitive Clarity with Cellular-level nourishment.

In an era where Chronic Stress and Cognitive Fatigue are ubiquitous, a formula that simultaneously targets the HPA (Hypothalamic-Pituitary-Adrenal) Axis, Mitochondrial Function, Synaptic Plasticity and Gut-Brain communication is not just helpful it is essential.

Please visit www.morewellbeing.com to learn more about our company and extensive listing of products. More. Longevity & Wellbeing. Join the wellness revolution, where science meets tradition for a healthier tomorrow!!!



Click Here to Shop the Coconut Banana



Longevity & Wellbeing

Science-backed. Synergy-driven. Made to work.
Every formula is crafted so you can feel the difference—and live with intention.

Explore more at morewellbeing.com

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