Mushroom Guide

CHAGA
inonotus obliquus

Anti-viral, anti-inflammatory, anti-oxidant, supports liver, supports immune system, regulate blood pressure & sugar levels

CORDYCEPS
cordyceps militaris

Boosts energy levels & endurance, increases sexual vigor, increases oxygen levels in blood & cells, supports: kidneys, lungs & adrenals

LION'S MANE
hericium erinaceus

improves memory & cognitive function, nerve support & repair. Anti-inflammatory. Can regulate blood sugar & lower high blood pressure. May enhance mood and supports gut health

PORIA COCOS
wolfiporia extensa

Promotes a healthy nights sleep, skin health, hydration levels, relaxation, nervous system health, memory & normal stomach function. Supports healthy immune function

TURKEY TAIL
trametes versicolor

Immune stimulating, immune modulating, anti-viral activity, prebiotic, anti-bacterial, chemoprotective, anti-hypertensive increases circulation
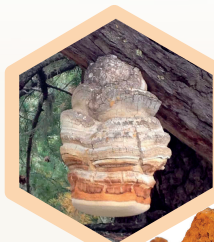
AGARIKON
fomitopsis officinalis

Supports immune system, supports lung health, anti-viral, anti-inflammatory. Can treat asthma & rheumatoid arthritis

CHANTRELLE
cantharellus roseocanus

Significant amounts of vitamin A, K, & D2. Promotes immune stimulation and is known to decrease inflammation

FLY AGARIC
amanita muscaria

When applied topically it can relieve joint pain, sciatic nerve pain, soreness & arthritis

REISHI
ganoderma lucidum
ganoderma oregonense

Adaptogenic, immune modulating, supports heart health, liver health and regulates cortisol levels. Antiallergenic, anti-inflammatory, antioxidant, antibacterial, antitumoral

SNOW MUSHROOM
tremella fuciformis

Supports skin health and hydration. Supports lung health, can relieve bronchial inflammation & asthma. Expectorant, immune stimulating, UV-protective, anti-allergenic activity, anti-inflammatory

USNEA
usnea florida

Known as the lungs of the forest, supports respiratory health, immune system, protects against both bacterial and viral infections

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*These statements have not been evaluated by the FDA and are for educational purposes only