

THE WORLD OF MUSHROOMS

ALL MUSHROOMS ARE FUNGI AND THEY PRODUCE SPORES, SIMILAR TO POLLEN OR SEEDS, WHICH ALLOWS THEM TO SPREAD OR TRAVEL BY THE WIND. THE REST OF THE MUSHROOM THEN MATURES, TYPICALLY LIVING IN SOIL OR WOOD.

ALL TYPES OF EDIBLE MUSHROOMS CONTAIN VARYING DEGREES OF PROTEIN AND FIBRE. THEY ALSO CONTAIN B VITAMINS AS WELL AS A POWERFUL ANTIOXIDANT CALLED SELENIUM, WHICH HELPS TO SUPPORT THE IMMUNE SYSTEM AND PREVENT DAMAGE TO CELLS AND TISSUES.

BELOW ARE SOME MUSHROOMS VARIETIES THAT HAVE BEEN KNOWN TO BE OF HELP TO THE BODY SYSTEMS.

Lion's Mane:

Promotes mental clarity, focus, and memory.

Provides cerebral and nervous system support.

Many studies have identified a NGF (Nerve Growth Factor) in Lion's Mane. Optimizes nervous and immune system health and supports cognitive function.

Turkey Tail:

Turkey Tail is an excellent source of cellular nutrients

In a recent clinical study funded by the National Institutes of Health, Host Defense's Turkey Tail was shown to be immunologically active. Helpful for digestive health due to supporting beneficial microflora for the digestive and gastrointestinal system

Reishi: Known as the "Mushroom Of Immortality"

Promotes cardiovascular system health

Enhances the body's ability to adapt to stress

Supports energy and stamina

Overall wellness support

Reishi is an adaptogen that can help the body cope with everyday stress in healthy ways that keep you feeling calm and balanced

Cordyceps: Known as an "Immune Tonic"

- Supports energy and stamina
- Enhances the body's natural metabolic systems
- Supports a healthy libido
- Promotes healthy kidney function
- Augments oxygen uptake
- Used to support athletic performance
- Improves vitality and endurance
- Supports cardiac function & respiratory health

Chaga:

- Maximum antioxidant support against daily free radical damage

Maitake:

- Enhances a healthy glycemic balance by promoting normal blood sugar metabolism
- Rich in 1-3, 1-4, and 1-6 Beta-glucans well-known for promoting immune health
- Supports cellular health

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