

Lion's Mane



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Hericium erinaceus

Antimicrobial and antioxidant properties

Anti-cancer properties and balances immune function

Helps lower triglycerides, metabolize fat

May help prevent weight gain

May lower blood sugar and help with diabetic nerve pain



Contains two compounds: Hericenones and erinacines

They stimulate the growth of brain cells (help with neural plasticity)

May help with Alzheimers (animal study) and other memory issues

One human study found consuming 3 g (3/4 tsp) a day for four months improved cognitive function in older adults

Benefit stopped after they stopped taking lion's mane



Help with anxiety and depression

Animal studies suggest lions mane improve brain cells and the functioning of the hippocampus

May help with Parkinson's

Small study of menopausal women ate cookie with lions mane for one month

They reported less irritation and anxiety



May also help repair and protect nerve cells and myelin sheath

Lions' mane immediately after a stroke in rats decreased inflammation and reduced the size of stroke-related brain injury by 44%

Aids tissue repair and inflammation in the GI tract - helps with colitis and ulcers (animal studies)

Human study found a significant reduction of colitis symptoms after three weeks (14% extract)



Format

Dried – be sure to re-hydrate in room temperature water

Hot water extraction

Dual extraction powder

Ground powder (re-hydrate)

Suppliments

