

Tremella



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Tremella fuciformis, also known as snow mushroom

Antioxidant, anti-inflammatory

Repair brain impairment (memory)

Anti-tumour properties and improve immune function

Helps with blood sugar, cholesterol and insulin sensitivity

Prebiotic for gut health



Tremella

Neuroprotective and neurotrophic
(related to growth of nerve tissue)

Show stronger protective ability than
any other substance studies so far (hot
water extraction)

May prevent development of B-
Amyloid plaque and Alzheimers

Mouse study showed it helps with
fatigue and oxidative stress



Being studied to improve wound healing

Being added to skin care products to moisture and firmness (absorbs better than hyaluronic acid)

May stimulate the production of hyaluronic acid and aid joint support

May also help with asthma and respiratory issues

Protects against pathogens



Format

Hot water extraction

Dried

Dual extraction (usually in combination or in skin care products)

Both hot water extraction and dried should be re-hydrated

