

## Edible Mushroom Ingredients

### Organic & Conventional

#### Mushroom Photo

#### Name

#### Health Benefits

#### Available Products



Lion's Mane  
(*Hericium erinaceus*)  
Fruit-body

- Protect against dementia (Alzheimer's disease)
- Promote study memory
- Protect against stomach ulcers
- Relieve mild depression and anxiety
- Help lower blood sugar levels

Straight Powder, steam sterilized  
Extract Powder, 10~30% Polysaccharides  
Extract Powder, 5~20%  $\beta$ -glucan



Reishi  
(*Ganoderma lucidum*)  
Fruit-body

- Boost immune system
- Support liver health
- Promote anti-cancer effects
- Help fight fatigue and depression

Straight Powder, steam sterilized  
Extract Powder, 10~30% Polysaccharides  
Extract Powder, 1~20% Triterpenoids  
Extract Powder, 5~20%  $\beta$ -glucan  
Tea Bag Cut



Chaga  
(*Inonqus obliquus*)  
Fruit-body

- Boost immune system and anti-inflammation
- Help lower blood sugar levels
- Lower cholesterol
- Promote anti-cancer effects

Straight Powder, steam sterilized  
Extract Powder, 10~30% Polysaccharides  
Extract Powder, 0.1~0.2% Triterpenoids  
Extract Powder, 5~20%  $\beta$ -glucan  
Tea Bag Cut



Shiitake  
(*Lentinus edodes*)  
Fruit-body

- Boost immune system
- Reduce risk of prostate cancer
- Help prevent gingivitis

Straight Powder, steam sterilized  
Extract Powder, 10~50% Polysaccharides  
Extract Powder, 5~30%  $\beta$ -glucan



Maitake  
(*Grifola frondosa*)  
Fruit-body

- Have strong adaptogenic properties
- Help lower blood sugar levels
- Lower cholesterol
- Promote a healthy gut flora
- Support weight management

Straight Powder, steam sterilized  
Extract Powder, 10~30% Polysaccharides  
Extract Powder, 5~15%  $\beta$ -glucan

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Mushroom Photo	Name	Health Benefits	Available Products
	Agaricus ( <i>Agaricus blazei</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Boost immune system</li> <li>-Improve digestive function</li> <li>-Promote a long and healthy life</li> <li>-Support liver health</li> </ul>	<ul style="list-style-type: none"> <li>Straight Powder, steam sterilized</li> <li>Extract Powder, 10~50% Polysaccharides</li> <li>Extract Powder, 5~30% <math>\beta</math>-glucan</li> </ul>
	Cordyceps ( <i>Cordyceps militaris</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Boost exercise performance</li> <li>-Improve cognitive health</li> <li>-Improve brain function</li> <li>-Boost immune system</li> <li>-Anti-aging properties</li> </ul>	<ul style="list-style-type: none"> <li>Straight Powder, steam sterilized</li> <li>Extract Powder, 10~30% Polysaccharides</li> <li>Extract Powder, 0.1~5.0% Cordycepin</li> <li>Extract Powder, 0.5% Adenosine</li> </ul>
	Cordyceps ( <i>Cordyceps sinensis</i> ) Mycelium	<ul style="list-style-type: none"> <li>-Boost exercise performance</li> <li>-Anti-aging properties</li> <li>-Promote anti-tumor effects</li> <li>-Help lower blood sugar levels</li> </ul>	<ul style="list-style-type: none"> <li>Straight Powder, steam sterilized</li> <li>Extract Powder, 10~50% Polysaccharides</li> <li>Extract Powder, 0.5% Adenosine</li> </ul>
	Turkey Tail ( <i>Coriolus versicolor</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Have strong adaptogenic properties</li> <li>-Boost immune system</li> <li>-Support gut health</li> <li>-Help lower blood sugar levels</li> </ul>	<ul style="list-style-type: none"> <li>Straight Powder, steam sterilized</li> <li>Extract Powder, 10~50% Polysaccharides</li> <li>Extract Powder, 5~30% <math>\beta</math>-glucan</li> </ul>
	Needle Mushroom (Enoki) ( <i>Flammulina velutiper</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Boost immune system</li> <li>-Scavenge free radicals</li> <li>-Support liver health</li> <li>-Reduce inflammation</li> </ul>	<ul style="list-style-type: none"> <li>Straight Powder, steam sterilized</li> <li>Extract Powder, 10~50% Polysaccharides</li> <li>Extract Powder, 5~10% <math>\beta</math>-glucan</li> </ul>

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	Jew's Ear ( <i>Auricularia auricula</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Promote heart health</li> <li>-Boost immune system</li> <li>-Support gut health</li> <li>-Reduce oxidative stress</li> </ul>	Straight Powder, steam sterilized Extract Powder, 10~30% Polysaccharides Extract Powder, 5~10% β -glucan
	Tremella ( <i>Tremella fuciformis</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Hydrate skin and reduce wrinkles</li> <li>-Reduce inflammation</li> <li>-Lower cholesterol</li> <li>-Boost immune system</li> </ul>	Straight Powder, steam sterilized Extract Powder, 10~30% Polysaccharides Extract Powder, 5~10% β -glucan
	White Mushroom, Champignon ( <i>Agaricus bisporus</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Promote anti-cancer effects</li> <li>-Boost immune system</li> <li>-Protect against cardiovascular diseases</li> <li>-Benefit bowels</li> </ul>	Straight Powder, steam sterilized Extract Powder, 10~30% Polysaccharides Extract Powder, 5~20% β -glucan
	Shaggy Mane ( <i>Coprinus comatus</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-Lower blood sugar levels</li> <li>-Improve brain function</li> <li>-Support liver health</li> <li>-Support weight management</li> </ul>	Straight Powder, steam sterilized Extract Powder, 10~30% Polysaccharides Extract Powder, 5~15% β -glucan
	Oyster Mushroom ( <i>Pleurotus ostreatus</i> ) Fruit-body	<ul style="list-style-type: none"> <li>-High in antioxidants</li> <li>-Improve cognitive health</li> <li>-Promote anti-cancer effects</li> <li>-Help lower blood sugar levels</li> </ul>	Straight Powder, steam sterilized Extract Powder, 10~30% Polysaccharides Extract Powder, 5~10% β -glucan