



What shrooms do I need?

Use this guide to find the right shroom for you. These medicinal mushrooms and root extracts have multiples health benefits and specific superpowers.

1 = Our recommendation based on the shroom's superpowers

2 = Strong second

3 = Has some benefit

If you'd like to know more, check out the *Learn Section* on our website shroomtoimprove.com.au or email me at info@shroomtoimprove.com.au



I want to improve my...

	Resishi	Lion's Mane	Turkey Tail	Cordyceps	Ashwaganda	Tremella	Chaga
Aerobic fitness				1			
Quality of sleep	1	3			2		
Energy levels	3	1			2		
Mental edge and memory	3	1			2		
Immune system	3		2				1
Wrinkles and overall appearance of my skin						1	
Treatment of serious illness like cancer	2		1				3
Cholesterol levels					1	2	
Reproductive system and sexual function	2			1	1		
Anxiety levels	1	3			2		
Gut health			1				2
Overall mood	3	2	1				
Stress levels	1				2		
Overall quality of life	2	3			1		
Weight and decrease fat percentage	2		1		3		
Inflammation	3					2	1