

AMERICAN
WHITE LABEL **CBD**

FUNCTIONAL MUSHROOMS

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WHAT ARE FUNCTIONAL MUSHROOMS?

While there are over 2,000 different species of edible mushrooms, functional mushrooms are a unique subset containing health-boosting compounds that can treat and prevent different diseases and enhance overall wellbeing.

They have been used for thousands of years in both ancient Chinese and Ayurvedic medicines, and more recently, have exploded onto the health and wellness scene, appearing in coffee, smoothies, supplements, and more.

Though each medicinal mushroom has its own distinct benefits, they can help with everything from the common cold to chronic fatigue, inflammation, stress, anxiety, focus, hormone regulation, libido, and high blood sugar. These functional mushrooms act as potent adaptogens, working with your body to regulate your hormones, manage stress, and ultimately, bring your body back into homeostasis.

WHAT ARE THE BENEFITS?

Functional mushrooms all have their own unique advantages, but they also share a common list of benefits. Functional mushrooms may help:

- Boost immunity
- Reduce stress and anxiety relief
- Help with anti-aging
- Fight cancer
- Enhance memory
- Improve mood
- Manage depression
- Improve endurance
- Decrease fatigue

Don't expect to take a functional mushroom and experience the benefits right away. Adaptogens work slowly, so it can take up to a few weeks for their powerful effects to make themselves known. For best results, it's important to take high-quality products at known effective doses.



ARE FUNCTIONAL MUSHROOMS LEGAL?

Functional mushrooms are 100% legal. They do not contain psilocybin (a schedule I drug) and do not possess any hallucinogenic properties. So you might be disappointed if you take them to Burning Man, but they are perfect for your everyday health and wellbeing.

ARE THEY SAFE TO CONSUME?

Yes, functional mushrooms are safe to consume. Of course, consuming too much of anything has downsides, but functional mushrooms have few to no side effects, so taking them modestly is generally safe and encouraged. In fact, when it comes to overdosing, one study showed that the only side effects of taking 10 to 50 times more than the recommended amount was suppression of the immune system, which, all things considered, is a fairly minor side effect.

It is important to note that most functional mushrooms are not meant to be eaten raw, so the best way to reap the benefits of these fantastic fungi is to enjoy them as capsules, in powdered form, or as a tincture. You can also add them to your coffee, tea, or smoothies for their health-promoting benefits.

Editor's note: We personally love adding functional mushrooms to our daily keto coffee and can attest to the fact that they have a minimal, if any, effect on taste!

DO YOU NEED A DOCTOR TO USE THEM?

Even though functional mushrooms are generally considered completely safe to consume, we do recommend consulting your doctor before supplementing with them, especially if you have any medical conditions or are currently pregnant.

EXTRACTING EXCLUSIVELY FROM THE FRUITING BODY ALLOWS FOR HIGHER POTENCY



CORDYCEPS MUSHROOM

Extracted exclusively from the fruiting body.

The cordyceps mushroom is the medicinal mushroom of choice when it comes to fitness, stress, and immunity. Cordyceps has a variety of benefits, most often consumed for natural energy and respiratory health. It may also serve as a cholesterol reducer, anti-inflammatory, and antioxidant. It may lower blood pressure by improving circulation and loosening airways to provide asthma relief. Additionally, Cordyceps has been found to trigger apoptosis with breast and colon cancer cells along with leukemia cells in test tubes.

BENEFITS:

- It is indispensable in maintaining energy, stamina, and athletic performance by promoting healthy blood flow, increasing the body's lactate threshold, and stimulating ATP (this is what gives energy to muscles).
- The high-antioxidant content can help fight fatigue, stress and even boost the libido due to improving blood flow.
- Contains cordycepin, an immunoregulatory compound that can help enhance the immune system to fight harmful free radicals, promoting overall wellness. Cordyceps can be counted on to promote longevity while improving heart health, reducing the risk of cancer, and lowering blood sugar and cholesterol.



LION'S MANE MUSHROOM

Extracted exclusively from the fruiting body.

Lion's mane mushroom is a potent functional mushroom used in Chinese medicine for thousands of years.

BENEFITS:

- Compounds in this mushroom promote the creation of nerve growth factor (NGF)—potentially enhancing cognitive abilities by regulating and renewing cells in the nervous system. A Japanese study showed that lion's mane supplementation provided significant cognitive improvement in older adults who suffered from mild cognitive impairment.
- It is ideal in helping stimulate your brain in all aspects, including aiding in memory, concentration, and even depression and anxiety.
- The abundance of antioxidants can lower inflammation, which is helpful for people who deal with digestive issues like irritable bowel syndrome (IBS).



TURKEY TAIL MUSHROOM

Extracted exclusively from the fruiting body.

Turkey Tail is another medicinal mushroom prized for its immune-boosting potential.

BENEFITS:

- Prebiotics makes it a great ingredient to improve digestion and overall gut health.
- Contains phenol and flavonoid antioxidants which reduce inflammation and promote protective compounds.
- Polysaccharide Peptide (PSP) increases the amount of white blood cells that fight infection (monocytes)
- Krestin (PSK) promotes immunity to toxins and regulates the overall immune response.



REISHI MUSHROOM

Extracted exclusively from the fruiting body.

Reishi mushrooms are one of the world's most researched ingredients shown to benefit the mind and body. Reishi has many purported health benefits, including high antioxidant activity, immune boosting properties, and cardiovascular health. It has been used for immune purposes in Eastern medicine for centuries, likely because of its effects on white blood cell activity. It has the potential to boost the immune system through anti-inflammatory, antioxidant, anti-bacterial, and anti-viral properties.

BENEFITS:

- Contains ganoderic acids—compounds that support and protect the liver and therefore aid in detoxification.
- Reishi protects against free radicals, protecting the body against threats and viruses.
- In Chinese medicine, it is taken medicinally to boost immunity against everything from the common cold to cancer by increasing the activity of the body's essential white blood cells.
- Famous for its soothing, relaxation and sleep-enhancing effects. It may also promote relief and mood enhancement for people dealing with anxiety or depression while alleviating fatigue.



**EACH MUSHROOM
HAS ITS OWN
UNIQUE ADVANTAGES**