

# purana

## lion's mane 1:1

per capsule

**500mg organic 1:1 lion's mane extract**

120 capsules per bottle | 30 day supply

NPN 80108430

On label benefits

**Source of fungal polysaccharides with immunomodulating properties.**

Fungal polysaccharides are cell wall components of mushrooms. Immunomodulating properties mean they support the immune system's response to help the body fight infection and disease.

**studied benefits of lion's mane**

**focus | memory | brain & nerve health**

- Stimulates nerve growth factor (NGF). NGF is responsible for the development of new neurons (neurogenesis), and for the health and maintenance of mature ones. May also help inhibit brain dysfunction and age-related loss of cognitive function.
- Preclinical studies have shown that there can be improvements in ischemic stroke, Parkinson's disease, Alzheimer's disease, and depression when taken daily.
- In a study with those with mild Alzheimer's disease, Lion's mane taken daily significantly increased scores on the cognitive function scale compared with the placebo group.
- Study shows ability to reduce LDL-C (bad cholesterol) by 45.5% and improve HDL-C (good cholesterol) by 31.1%
- Shows potential for energy support and insulin regulation.

**All functional mushrooms include immune-boosting properties and the presence of beneficial substances like:**

- fungal antioxidants: neutralize free radicals that are responsible for damage to DNA, cell membranes, and other parts of cells
- fungal polysaccharides: benefits include anti-tumor, immunomodulatory, anti-inflammatory and anti-viral properties
- fungal beta glucans (a type of polysaccharide): have been found to support immune activity by activating leukocytes (white blood cells) to help fight viruses, infection and disease



### Medicinal Ingredients

Serving size: 2 capsules (1000mg) / Servings Per Container: 60

**Amount per capsule/Quantité par capsule**

**Organic Lion's Mane (Hericium Erinaceus) 500mg**  
1:1 Water Extract

Non-Medicinal Ingredients: Hypromellose (capsule).

**Suggested Use:** Take two (2) capsules twice per day.

✓ Non-Gmo  
✓ Gluten Free

✓ Vegan  
✓ Keto

**Guarantee:** This product is made with 100% fruiting bodies. There is no added starch, grains or mycelium.

**Consult a doctor prior to use if you are pregnant or breastfeeding.**

Store in a cool, dark place with lid securely closed.



puranahealth.com



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For sales & distribution  
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**votana**  
Health Sciences