**MUSHROOM BUYERS GUIDE**

**WILDCRAFTED**

Ideally, it's best to consume wildcrafted or wild-cultivated ("semi-wild") mushroom fruiting body extracts. These high-quality extract powders have been grown on wood substrates (not grain) and closely resemble the highly adaptogenic wild mushrooms that grow in nature.

**100% MUSHROOMS**

Avoid mushroom products that are mycelium grown on grain (MOG) or contain added starch, grains, mycelium or fillers.

Many mushroom products are cultured on oats or grains in a lab and mixed with mycelium biomass. These products are less potent and more nutrient deficient than mushroom fruiting body extracts.

**CERTIFIED ORGANIC**

In order to produce a healthy mushroom product, the fruit bodies must be sourced from a clean environment.

Certified organic mushrooms guarantee the sources are grown and collected from pristine areas that aren't loaded with nasty toxins, chemicals or heavy metals that could end up in the final product.

Organic certification provides a level of safety for you, as the whole process from farm to table is strictly managed and regularly audited by a non-bias third party.

**DI TAO SOURCED**

The highest quality mushrooms come from their original growing source or native environments.

These areas are known as "Di Tao" regions, such as high mountain ranges far from any cities or lowland industrial pollution.

Di Tao mushrooms are more potent and efficacious when sourced in these pristine locations.

They are cleaner and higher in bioactive compounds.

**ACTIVE INGREDIENTS**

The best quality mushroom products are extracted using hot water and/or alcohol. This process extracts the full spectrum of mushroom nutrition and allows the body to readily absorb all the healthy compounds—beta-glucans (polysaccharides), triterpenoids, sterols, prebiotics, antioxidants and more.

An ideal and effective dose of a mushroom extract is 750 mg per serving. Any mushroom product with less may not be worth your money.

For more information visit: www.teelixir.com