Lion's Mane

Mushroom Extract

Memory

Brain Function

Cognitive Performance

NutritionalFrontiers.com
(412) 922-2566

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Lion's Mane

Available in a 2 oz Liquid

Lion's Mane, also known as Hericium erinaceus, is a fungus found throughout temperate regions of Asia, Europe, the Middle East, and North America. Lion's mane is a "saprophytic fungus," meaning it grows on and digests trees. Like other fungi, lion's mane recycles nutrients from both living and dead trees back into the soil, making it an important contributor to the ecosystem. This edible mushroom can be eaten as part of a meal or used for medicinal purposes. Lion's mane is reported to have many beneficial characteristics according to cell cultures and animal models such as antibiotic, anticarcinogenic, antidiabetic, kidney and nervous system protective, liver and heart protective, antihypertensive, anti-inflammatory, and more. It has been used for centuries in Traditional Chinese Medicine as a tonic to relieve stress and improve mood.

In terms of enhancing cognition, lion's mane mycelium contains a neuroactive compound called erinacine A, which is known to support nerve growth factor (NGF). NGF maintains nerve and immune cells, plays a role in memory and attention, and is potentially protective in neurodegenerative disorders like Alzheimer's disease. In addition, lion's mane is rich in the physiologically important beta-glucan polysaccharides which demonstrate anti-cancer and immune-modulating effects.

Mycelium is the metabolically active living structure of the mushroom organism that is found underneath the ground; mushrooms themselves are the fruiting bodies of the mushroom organism. Mycelium is the longest living part of the organism, growing for months or years, even centuries! Mycelium consists of many intricate filaments connecting underground. Nutritional Frontiers Lion's Mane tincture contains both the mushroom fruiting body and the mycelium of this fascinating fungus!

Lion's Mane is well tolerated and shows no evidence of toxicity or adverse effects.

Liquid Serving Size: 1 Dropper (1ml) | Servings Per Container: 48

Lion's Mane	250 mg

Suggested Use: 1-2 full droppers, 1-2 times daily, add to water or juice.

Warning: Not for use in pregnant or lactating women due to lack of evidence of safety. Consult your healthcare practitioner prior to use.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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