

Functional Mushrooms & their benefit

Benefit	Cordyceps	Reishi	Chaga	Turkey Tail	Lion's Mane
Immune support	May boost immunity and enhance white blood cell activity	Boosts immune system, supports white blood cell function	Stimulates immune system, increases cytokine production	Strong immune booster, increases white blood cell activity	Supports immune function, modulates immune response
Anti-aging/ Antioxidant	Contains antioxidants, may delay aging and reduce oxidative stress	Has antioxidant properties, may reduce cell damage	High in antioxidants, reduces oxidative stress	Rich in antioxidants, reduces oxidative stress	Antioxidant properties, may protect brain cells
Anti-inflammatory	May reduce inflammation, beneficial for chronic conditions	Alters inflammation pathways in immune cells	Reduces inflammation, may help with gut and systemic inflammation	Reduces inflammation, supports autoimmune and gut health	Anti-inflammatory, may reduce neuroinflammation
Energy/Exercise performance	May enhance energy, stamina, and exercise endurance	May reduce fatigue and improve well-being	Not a primary benefit	May improve exercise performance	Not a primary benefit
Anti-cancer	Some anti-cancer properties in lab studies	May help fight cancer, supports cancer therapy	May slow cancer growth, shown in animal/lab studies	Supports cancer therapy, used as adjunct in some treatments	Potential anti-cancer effects in lab studies
Heart/Cholesterol support	May improve heart health and regulate cholesterol	May boost cardiovascular health	May lower cholesterol and support heart health	May help lower cholesterol	Not a primary benefit
Blood sugar/ Diabetes support	May help manage diabetes and blood sugar	Not a primary benefit	Not a primary benefit	May improve insulin resistance, antidiabetic effects	Not a primary benefit
Liver/kidney support	May protect liver and kidney function	Not a primary benefit	Not a primary benefit	Not a primary benefit	Not a primary benefit
Mood/Fatigue	May reduce fatigue, adaptogenic effects	May reduce fatigue and depression	Not a primary benefit	May reduce fatigue, adaptogenic	Enhances cognitive function, reduces anxiety and depression
Gut health/ Prebiotic	Not a primary benefit	Not a primary benefit	Not a primary benefit	Prebiotic, improves gut bacteria balance	May support gut health indirectly via anti-inflammatory effects
Antiviral	Not a primary benefit	Not a primary benefit	Not a primary benefit	Antiviral, may help with HPV and other viruses	Not a primary benefit
Brain/ Neuroprotection	Not a primary benefit	Not a primary benefit	Not a primary benefit	Not a primary benefit	Promotes nerve growth factor, supports memory and cognition