



## Studies That Support the Many Benefits of Functional Mushrooms

The [National Institute of Health](#) shared that there are over 100 medicinal functions that are thought to be produced by medicinal mushrooms, with hundreds of global studies and numerous clinical trials. There are over 600 studies the NIH has listed. Here are examples by category to illustrate their benefits.

| <b>Lions Mane</b>   | <b>Reishi</b>  |
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| <a href="#">Mushrooms Magnify Memory by Boosting Nerve Growth</a>                   | <a href="#">A Potent Medicinal Mushroom-Calmness and Longevity</a>                           |
| <a href="#">Neurotrophic Properties of Lion's Mane</a>                              | <a href="#">Promoting Immunomodulating Effects are Extensive</a>                             |
| <a href="#">Neurotrophic Properties of Lion's Mane</a>                              | <a href="#">Cardioprotective Effects on Blood Pressure, Lipids and Glucose</a>               |
| <a href="#">Neuroregenerative Potential of Lion's Mane</a>                          | <a href="#">Suppression of Inflammatory Response</a>   |
| <a href="#">Improving Cognitive Impairment</a>                                      | <a href="#">Suppression of Inflammatory and Allergic Responses</a>                           |
| <a href="#">Anti-Inflammatory Effects on Ulcerative Colitis</a>                     | <a href="#">Medicinal Mushroom Cuts Off Prostate Cancer Cells' Blood Supply</a>              |
| <a href="#">Anticancer Potential Against Intestinal Cancers</a>                     | <a href="#">Chinese Intervention for Breast Cancer</a>                                       |
| <a href="#">Spatial Memory, Alzheimer, and Dementia</a>                             | <a href="#">Effects of Reishi with Diabetes</a>  |
| <a href="#">Reduces Anxiety and Depressive Behaviors</a>                            | <a href="#">Anti-Inflammatory Effects of Reishi</a>  |
| <a href="#">Improvement of Mild Cognitive Impairment</a>                            | <a href="#">Anticancer and Anti-Inflammatory Properties for Melanoma &amp; Breast Cancer</a> |
| <b>Cordyceps</b>  | <b>Chaga</b>   |
| <a href="#">Antiaging Effect of Cordyceps</a>                                       | <a href="#">Protection Against Oxidative Stress-Aptosis</a>                                  |
| <a href="#">Improves Tolerance to High Intensity Exercise</a>                       | <a href="#">Anti-Tumor Activity of Extract of Mushroom</a>                                   |
| <a href="#">Anti-Fatigue in Physical Exercise</a>                                   | <a href="#">Protection Against Adverse Pregnancy</a>   |
| <a href="#">Anti-Fatigue During Exercise Exhaust Tests</a>                          | <a href="#">Anti-diabetic Effects in Type 2 Diabetic Mice</a>                                |
| <a href="#">Enhancing Aerobic Capacity and Respiratory Function</a>                 | <a href="#">Reduction of Physical Fatigue in Mice</a>  |
| <a href="#">Anti-Cancer Effect in Colorectal Carcinoma</a>                          | <a href="#">Promising Alternative or Supplementary Medicine for Cancer</a>                   |
| <b>Turkey Tail</b>  | <b>Maitake and Shiitake</b>  |
| <a href="#">Immune Functions, Antiviral Effects, Cholesterol Regulating Effects</a> | <a href="#">Immune-Enhancing Effects of Maitake and Shiitake</a>                             |
| <a href="#">Mushroom Immune Therapy in Breast Cancer</a>                            | <a href="#">Maitake has Anti-Cancer Activity</a>   |
| <a href="#">Prebiotic for Modulating Microbiome Effects of Amoxicillin</a>          | <a href="#">Effect of Maitake on Plasma Cholesterol</a>                                      |
| <a href="#">Turkey Tail Increase in White Blood Cell Immunity</a>                   | <a href="#">Maitake Increased Lytic Activity Against Human Tumor Cells</a>                   |
| <a href="#">Turkey Tail Antibacterial Activity, Staph and Salmonella</a>            | <a href="#">Shiitake Mushrooms for Cholesterol Reduction and Heart Health</a>                |
| <a href="#">May Improve Athletic Performance</a>                                    | <a href="#">Shiitake for Antigingivitic Activity</a>   |