

## Product Information Sheet

### Food4Hope & Purple Cushhh Lion's Mane Mushroom

60 Capsules (Adults take 1-2 Capsules daily Best morning and afternoon.

Children: 9-16 years: 1 capsule daily

May aid with New Nerve Growth (NGF), Enhanced Memory, Nervous System, Stress & Anxiety and Cognitive Health (Dementia & Alzheimer's)

## Ingredients

### Lion's Mane Mushroom Powder Extract 10% (Nootropic)

Due to the presence of unique polysaccharides and other nutrients, lion's mane mushroom has a large number of health benefits.

The two most well-known benefits of consuming lion's mane are the potential ability to prevent or protect the spread of neurodegenerative disease and cancer. Lion's mane mushroom may also help improve heart health, protect from inflammatory digestive issues, reduce inflammation, relieve oxidative stress, improve mental health, boost immunity, and prevent diabetes.

#### Benefits:

- Protects against dementia.
- Relieves mild depression and anxiety.
- Speeds nervous system injury recovery.
- Protects against ulcers.
- Reduces heart disease risk.
- Helps manage diabetes symptoms.
- May help fight cancer.
- Reduces inflammation.

Lion's mane mushroom is a source of at least 32 bioactive compounds. It's believed to be a rich source of potassium, zinc, iron and selenium.

One reason lion's mane has been researched for a wide variety of purposes is because of the polysaccharides it contains. Polysaccharides are complex carbohydrate structures, like glucose.

Lion's mane mushroom contains beta-glucan polysaccharides, which are known scientifically to have correlations with various health benefits, like heart health and immune responses.

Maybe the most thoroughly researched feature of lion's mane mushroom is its impact on brain cells and related functions. This incredible fungus may have revolutionary impact on neurodegenerative diseases. One method by which lion's mane affects brain function is by enhancing "neurite outgrowth" in the brain and related organs, according to research published in the International Journal of Medicinal Mushrooms. Neurite outgrowth refers to the growth of axons and dendrites from neurons.

That's a big deal in brain health research. By increasing this growth, it could potentially be possible to slow or reverse cell degeneration in the brain — the main characteristic of diseases like Alzheimer's and Parkinson's.

#### CAUTION

Consult a Health Practitioner if taking chronic medication or having a chronic disease. Keep out of reach of children.

#### DISCLAIMER

This product is not intended to cure or treat any disease. This statement has not been evaluated by the SAPHRA

