

Lion's Mane

Functional Mushrooms



Recommended by
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DESCRIPTION

Hericum erinaceus, commonly known as lion's mane mushroom, is an ancient medicinal mushroom used in traditional medicines for centuries. This functional mushroom is believed to help boost cognitive performance in both concentration and memory through promoting the production of nerve-growth factor (NGF), which aids in healthy brain cells and neuronal pathways.[†] Studies have also shown positive impacts on mood and immune health.[†] Our Lion's Mane Functional Mushrooms supplement features 1,000 mg of organic lion's mane, including both the mycelium and fruiting body of the mushroom, providing 400 mg of beneficial polysaccharides.

FUNCTIONS

The polysaccharides found in the cell walls of lion's mane mushrooms are the bioactive compounds responsible for the health benefits.[†] These compounds help to increase cognition, providing mental focus and clarity, as well as help to manage stress and mood.[†] This balance helps the brain regulate and function properly and more efficiently. The polysaccharides in lion's mane help stimulate the expression of nerve-growth factor which supports the regrowth of neurons and the overall health of the nervous system.[†] Lion's mane is also believed to help support healthy circulation and healthy inflammatory responses.[†]

INDICATIONS

Lion's Mane Functional Mushrooms may be a useful dietary supplement for those who want to support healthy cognitive function, mood and healthy immune response.[†]

FORMULA (WW #10465)

Two Vegan Capsules Contain:

Organic lion's mane 1,000 mg
(*Hericum erinaceus*) mushroom fruiting body &
mycelium powder (Standardized to 40%
polysaccharides [400 mg])

Other Ingredients: Organic capsule (organic pullulan, water), organic pea starch.

This product contains NO dairy, wheat, gluten, corn, eggs, peanuts, soy, tree nuts, fish, shellfish, sesame, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 2 capsules daily, or as directed by a healthcare professional.

CONTRAINDICATIONS

Consult a physician before taking this product while on prescription medications or planning to have surgery. Lion's mane mushrooms may cause the immune system to become more active. Consult a physician before taking this product if you have an autoimmune condition.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Surendran G, Saye J, Binti Mohd Jalil S, et al. Acute effects of a standardised extract of *Hericum erinaceus* (Lion's Mane mushroom) on cognition and mood in healthy younger adults: a double-blind randomised placebo-controlled study. *Front Nutr.* 2025;12:1405796. Published 2025 Apr 10. doi:10.3389/fnut.2025.1405796

Szućko-Kociuba, I., Trzeciak-Rydzek, A., Kupnicka, P., & Chlubek, D. (2023). Neurotrophic and Neuroprotective Effects of *Hericum erinaceus*. *International journal of molecular sciences*, 24(21), 15960. <https://doi.org/10.3390/ijms242115960>

Contato, A. G., & Conte-Junior, C. A. (2025). Lion's Mane Mushroom (*Hericum erinaceus*): A Neuroprotective Fungus with Antioxidant, Anti-Inflammatory, and Antimicrobial Potential-A Narrative Review. *Nutrients*, 17(8), 1307. <https://doi.org/10.3390/nu17081307>

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.