

# Turkey Tail

## Functional Mushrooms



Recommended by  
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### DESCRIPTION

Turkey tail (*Trametes versicolor*) is an edible mushroom found in woodlands throughout the world and is one of the best-documented functional mushrooms in scientific research. These mushrooms contain bioactive and polysaccharide constituents responsible for health impacts. Some of these compounds include polysaccharopeptide (PSP) and polysaccharide krestin (PSK). These polysaccharides are responsible for such beneficial effects as antioxidant activity, neuroprotection, hypolipidemia and immune balance.<sup>†</sup> Studies have also shown compounds found in this functional mushroom to have roles in wound healing as well as antitumor and anti-inflammatory activity.<sup>†</sup>

### FUNCTIONS

The mycelium powder of turkey tail mushroom is of particular interest for its role in reducing inflammation, lipid metabolism and oxidative stress.<sup>†</sup> Through these actions, turkey tail is believed to help reduce the risk of symptoms associated with metabolic dysfunction-associated fatty steatotic liver disease, such as hyperlipidemia, impaired glucose metabolism and neuropathy.<sup>†</sup> The fermented powder of the mycelium has also shown potent immune-boosting properties from in vitro studies.<sup>†</sup>

### INDICATIONS

Turkey Tail Functional Mushrooms may be a useful dietary supplement for those who want to support healthy lipid and glucose metabolism, reduce inflammation and balance immune response.<sup>†</sup>

### FORMULA (WW #10467)

#### Two Vegan Capsules Contain:

Organic turkey tail ..... 1,000 mg  
(*Trametes versicolor*) mushroom mycelium powder  
(Standardized to 40% polysaccharides [400 mg])

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

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

Turkey tail mushrooms are generally regarded as safe. The PSP and PSK compounds in turkey tail may interact with conventional cancer therapies. Consult your oncologist before adding turkey tail to your cancer treatment regimen. If taking with other medications, consult with a healthcare professional.

### STORAGE

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

### REFERENCES

Ajibola, O. O., Nolasco-Hipolito, C., Carvajal-Zarrabal, O., Salleh, S. F., Adeyinka, G. C., Adefegha, S. A., Ahmmed, M. K., Sumaiya, K., & Thomas, R. (2024). Turkey tail mushroom (*trametes versicolor*): An edible macrofungi with immense medicinal properties. *Current Opinion in Food Science*, 58, 101191. <https://doi.org/10.1016/j.cofs.2024.101191>

Benson, K. F., Stamets, P., Davis, R., Nally, R., Taylor, A., Slater, S., & Jensen, G. S. (2019). The mycelium of the *trametes versicolor* (Turkey tail) mushroom and its fermented substrate each show potent and complementary immune activating properties in vitro. *BMC Complementary and Alternative Medicine*, 19(1). <https://doi.org/10.1186/s12906-019-2681-7>

Manufactured For:

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