

HERICIUM ERINACEUS

is a fungus with versatile effects on health. Thanks to it, it is used in traditional Chinese medicine for thousands of years and the fungus is getting into the general and medical awareness training of the population. It is possible to use it as a prevention and as a means of improving and slowing the progress of many different diseases, especially those associated with disturbances of the nervous system.

- modulates immune system response

- reduces blood sugar

- strengthens psychic resistance

- helps during infection diseases

- supports CNS functions

- protects pancreas cells

- supports nerves regeneration

- kills many pathogens

- strengthens liver

- supports immune system fighting cancer

- helps GIT functions

- reduces cholesterol & triglycerides

- reduces risk of atherosclerosis



HERICIUM ERINACEUS (Korálovec ježatý, Lví hřívá)

HERICIUM: MUSHROOM for a BETTER MOOD and MEMORY?

The mushroom *Hericium Erinaceus* or lion's mane draws a special attention of scientists because of its remarkable neurovegetative properties. It also strengthens the immune system, coordinates the digestive system and nourishes the nervous system.



HERICIUM – NEUROPROTECTIVE EFFECTS

Heridium is increasingly studied for its neuroprotective effects. So far, there were discovered two new classes of nerve growth factors.

Nerves Protection

HERICIUM – NEUROREGENERATIVE EFFECTS

Since 1991, more than a dozen studies on the neuroregenerative properties of *Hericium* were published. In vitro and in vivo tests confirmed that its ingredients stimulate the regeneration of nervous tissue. In recent times, the experiment was carried out in order to assess the effects of *Hericium* in patients with Alzheimer's disease. In its framework have been tested detecting memory skills in the standard mouse maze. When the mouse with impaired memory was fed by food containing five percent of dried *Hericium* for 23 days, the results of their tests in the maze were significantly improved.

Nerves Regeneration

YOU WILL FEEL WELL

The effect of *Hericium* on nervous function can have yet another positive aspect - you start to feel good. Small clinical studies showed that women after the menopause, which consumed cookies containing *Hericium*, in comparison with the control group had less anxiety and depression, and better ability to concentrate.

Because of a large number of diseases related to neurodegenerative changes *Hericium* deserves a bigger clinical attention. If the coral snake improves memory and acts as an antidepressant, may the consumption of this fungus change the course of Alzheimer's disease? Could this fungus help patients with Parkinson's disease or multiple sclerosis or perhaps contribute to maintain mental abilities of elderly people?

Good Mood

SLEEPING

Hericium can improve the quality of a sleep, preferably in combination with the spore powder of Reishi. Coral snake may be our first "smart" fungus. It is a safe edible mushroom, which obviously benefits the cognitive functions of our ageing population.

Quality of Sleep