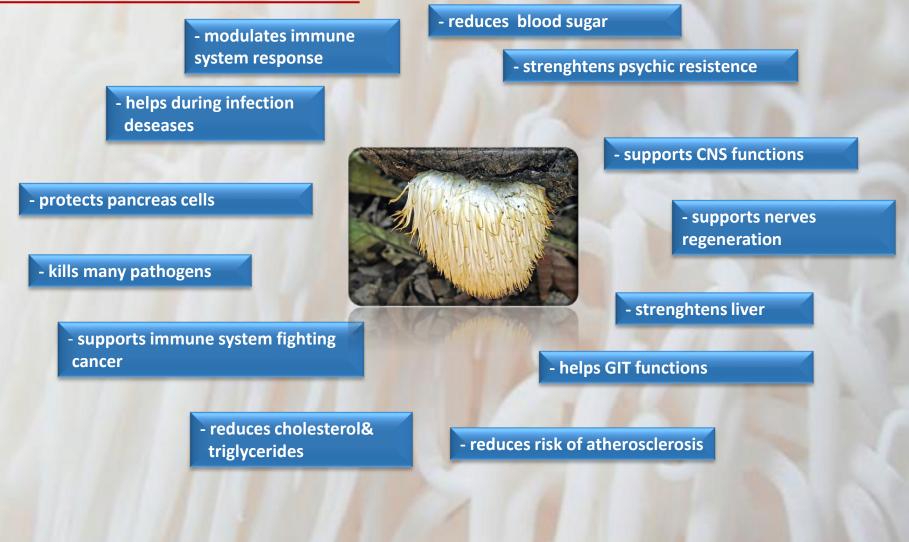
#### HERICIUM ERINACEUS

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.



The information contained in this leaflet are for reference and educational purposes only. They are not intended as a substitute of qualified health professionals advice. DXN does not recommend and does not defend any personal diagnosis and treatment. In the case that your health state require a medical examination or treatment please visit your doctor.

## HERICIUM ERINACEUS (Korálovec ježatý, Lví hříva)

### 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**

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

#### **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 for23 days, the results of their tests in the maze were significantly improved.

#### **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 eldery people?

#### **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.

# **Nerves Regeneration**

## **Good Mood**





## **Quality of Sleep**