



About the product

- **PURE LIONS MANE MUSHROOM EXTRACT POWDER:** Made exclusively from 100% organic lions mane mushrooms. The fruiting bodies are hand picked to make the best extract possible. They are extract with hot water to obtain the beneficial beta-glucans and hericinones, plus thousands of other nutrients from the mushroom. We do not add any mycelium, starch, grains, or fillers into our products. Just 100% pure mushrooms.
- **SHAKES | SMOOTHIES | COFFEE | TEA:** Real Mushrooms Lions Mane Extract arrives in an easy-to-use airtight, resealable health grade packaging allowing for as much or as little use as you need for any occasion. For an extra health boost, add it into your coffee, tea, green smoothies, post-workout protein shakes, as an extra ingredient in your favorite recipes or maybe even an upgrade in your bulletproof coffee. Our extracts are 80-90% soluble in water.
- **GUARANTEED POTENCY:** Real Mushrooms Lions Mane Extract is guaranteed by analytical testing to have the active, medicinal compounds scientifically shown to boost your immune system. Our extract contains >30% Beta-glucans and <3% Starch. Beta-glucans are the main active, most well researched, medicinal compound in reishi. We measure beta-glucans specifically because polysaccharides numbers include starch, so polysaccharide testing can yield a false sense of quality.
- **100% MUSHROOM:** Our product undergoes rigorous quality control testing to make them Certified Organic, Certified Kosher, Gluten-Free, Non-GMO, Vegan, Dairy-Free and Nut-Free. We guarantee that there is absolutely no added mycelium, starch, grains, contaminants or fillers of any kind. We use starch testing to show the mushroom purity of our extract powders. Whole mushrooms generally have <5% starch and all our extract powders are below this threshold.
- **100% SATISFACTION GUARANTEED:** If for some reason, you are not satisfied with our mushroom extract powders we provide a no-hassle no-questions-asked refund. Yes, we are that devoted to your happiness!

Benefits of Lion's Mane Mushroom

- Brain
- Mood
- Memory
- Energy
- Stress Relief
- Gut and Digestion

- Nerves
- Immunity

Lion's Mane is said to give one "nerves of steel and the memory of a lion." It contains high amounts of antioxidants, beta-glucans, and polysaccharides that help support and boost the immune system. It is rich in minerals, amino acids, polypeptides, fatty acids, and nerve growth factor (NGF).

Sourced from PUBMED:

<https://www.ncbi.nlm.nih.gov/pubmed/24266378>

Neurotrophic properties of the Lion's mane medicinal mushroom, *Hericium erinaceus* (Higher Basidiomycetes) from Malaysia.

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Abstract

Neurotrophic factors are important in promoting the growth and differentiation of neurons.

Nerve growth factor (NGF) is essential for the maintenance of the basal forebrain cholinergic system. Hericenones and erinacines isolated from the medicinal mushroom *Hericium erinaceus* can induce NGF synthesis in nerve cells.

In this study, we evaluated the synergistic interaction between *H. erinaceus* aqueous extract and exogenous NGF on the neurite outgrowth stimulation of neuroblastoma-glioma cell NG108-15.

The neuroprotective effect of the mushroom extract toward oxidative stress was also studied.

Aqueous extract of *H. erinaceus* was shown to be non-cytotoxic to human lung fibroblast MRC-5 and NG108-15 cells. The combination of 10 ng/mL NGF with 1 µg/mL mushroom extract yielded **the highest percentage increase of 60.6% neurite outgrowth.**

The extract contained neuroactive compounds that induced the secretion of extracellular NGF in NG108-15 cells, **thereby promoting neurite outgrowth activity.**

However, the *H. erinaceus* extract failed to protect NG108-15 cells subjected to oxidative stress when applied in pre-treatment and co-treatment modes. In conclusion, the aqueous extract of *H. erinaceus* contained neuroactive compounds which induced NGF-synthesis and promoted neurite outgrowth in NG108-15 cells. The extract also enhanced the neurite outgrowth stimulation activity of NGF when applied in combination. The aqueous preparation of *H. erinaceus* had neurotrophic but not neuroprotective activities.