Mushrooms for Immunity

“Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend.”

Lao Tzu

Mushrooms are the jack-of-all-trades in the mycological world. They are known to have medicinal properties that span the globe and are documented in many traditional folk medicine systems. Mushrooms have been revered for thousands of years as a source of health and well-being. Today, with our fast-paced, modern world; having medicinal mushrooms to support our health is more relevant than ever. Here’s why you need to consider adding medicinal mushrooms to your daily routine:

• Adaptogenic support for daily stress management
• Supports immune system health
• May support joint health
• Supports digestive health
• Supports liver and kidney health
• May support brain health
• Supports healthy blood sugar levels
• Supports heart health

*These statements have not been evaluated by the Food and Drug Administration. Our certified organic hot water extracts are spray dried back onto the original finely-milled mushroom powder used to create our Mushroom System. Using hot water extraction ensures that these compounds are released for absorption by humans. A hot water extraction process is better than cold water extraction in that it is more effective in releasing beneficial compounds found in mushrooms. Our mushroom extract is empirically tested for efficacy. Our mushroom products are not intended to diagnose, treat, cure, or prevent any disease.

Mycostock Ingredient Breakdown

• Reishi Mushroom
• Cordyceps Mushroom
• Chaga Mushroom
• Maitake Mushroom
• Shiitake Mushroom
• Lions Mane Mushroom

Mushrooms are used in traditional medicinal systems worldwide. Many of the world’s mushrooms are used as a remove of life force/vital energy.

Cordyceps Mushroom

Cordyceps are a unique combination of mushroom and caterpillar. The caterpillar provides the basic building block for the Cordyceps and the mushroom provides the protective cover. The mushroom is said to be “the celestial ride for the caterpillar.”

Cordyceps have been extensively studied in both the traditional Chinese medicine and the Western medical systems. Cordyceps have been used for centuries to promote health, energy, longevity, and disease resistance. Today, Cordyceps are used to promote healthy aging, energy, and longevity.

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Chaga Mushroom

Chaga is a medicinal mushroom that has been used for centuries in traditional Chinese medicine. Chaga is known for its ability to promote healthy aging, energy, and longevity.

Reishi Mushroom

Reishi is a medicinal mushroom that has been used for centuries in traditional Chinese medicine. Reishi is known for its ability to promote healthy aging, energy, and longevity.

Maitake Mushroom

Maitake is a medicinal mushroom that has been used for centuries in traditional Chinese medicine. Maitake is known for its ability to promote healthy aging, energy, and longevity.

Shiitake Mushroom

Shiitake is a medicinal mushroom that has been used for centuries in traditional Chinese medicine. Shiitake is known for its ability to promote healthy aging, energy, and longevity.

Lions Mane Mushroom

Lions Mane is a medicinal mushroom that has been used for centuries in traditional Chinese medicine. Lions Mane is known for its ability to promote healthy aging, energy, and longevity.

Mushroom and Cacao Tasty Beverage

Ingredients

• 1 cup dairy-free milk (we like cashew, coconut, or almond milk)
• 2 tablespoons cacao or Cacao Alchemy™
• 1/2 cup coffee (fresh brewed or cold pressed) or chai tea
• 1 teaspoon maple syrup or 2 dates
• 1 teaspoon vanilla extract
• 1/4 teaspoon cinnamon
• 1/4 teaspoon cardamom
• 1/4 teaspoon turmeric
• 1/8 teaspoon black pepper
• Pinch of sea salt

Combine all ingredients in blender. Blend at high speed until integrated. Then add to a mug and enjoy!

Recipe by HealthForce SuperFoods

Confidence is the greatest friend.

~~Lao Tzu~~

COMPASSION • INTEGRITY • EXCELLENCE

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