

Mushroom Matrix - Powder

An organic, GMO-free and sustainably grown mushroom powder blend to promote the healthy balance of Th1 and Th2 immune activity.

Vegan

Gluten Free

Soy Free

Dairy Free



- Includes a blend of 7 medicinal mushrooms, all certified organic, non-GMO and sustainably grown
- Taken together, these mushrooms have been shown to promote a healthy balance of Th1 and Th2 immune activity while each possessing unique benefits for other body systems
- Two prebiotic fibres, FibreGum and VitaFibre IMO, are added for improved gut barrier function, healthy microflora balance, and immune support
- Organic acerola cherry powder, acai berry and goji berry extracts are included for their natural sweet flavour and antioxidant functions
- 100 servings per bottle

Medicinal mushrooms have been used for centuries as effective natural remedies for a wide variety of health concerns. Current research supports their traditional use as effective immunomodulators and new evidence has also found that specific mushrooms have many other unique health applications. For this reason, Mushroom Matrix

contains a blend of 7 medicinal mushrooms, all certified organic and sustainably grown:

Blazei (Agaricus blazei): This mushroom has demonstrated improved symptoms, fatigue and quality of life in ulcerative colitis patients.

Blazei has also successfully undergone phase 1 clinical trials for safety with patients in remission.

Turkey Tail (Coriolus versicolor): The vast majority of evidence for Turkey tail surrounds its powerful immunomodulatory actions. For example, supplementation with this mushroom may increase natural killer cell count and activity, increase T-cell and B-cell counts and provide immune activation in chronic fatigue sufferers.

Turkey tail has been used for many years in traditional Chinese medicine for supporting respiratory conditions. In Japan, turkey tail is used to strengthen the immune system and act as an adjunct therapy for individuals experiencing standard medical treatments for conditions associated with abnormal cell growth.

Animal studies have shown that its potent anti-fatigue properties can also improve exercise

performance.

Lion's Mane (*Hericium erinaceus*): This mushroom is most well-known for its affinity of the nervous system. Specifically, Lion's mane has a documented ability to increase nerve growth factor, nerve regeneration after injury and the production of myelin. Human clinical trials have shown that it may reduce markers of anxiety, mood disorders and cognitive decline.

Maitake (*Grifola frondosa*): Research has shown that Maitake is capable of inducing ovulation in polycystic ovarian syndrome (PCOS) patients. Its hypoglycemic abilities may explain part of the mechanism for this beneficial effect in women with PCOS. Other trials have shown that Maitake has immunomodulatory effects, enhancing neutrophils and monocyte function, encouraging tumour regression and improving symptoms in cancer patients.

Reishi (*Ganoderma lucidum*): Reishi is an effective immunomodulator, with beneficial effects on well-being, mood and energy in cancer patients and improved wellbeing in those with weakness and fatigue. Supplementation with Reishi also improves metabolic markers such as insulin and lipids in those with hyperlipidemia and increases urinary flow in males with lower urinary tract symptoms (LUTS).

Chaga (*Inonotus obliquus*): Chaga mushroom is found on birch trees in cold climates and has been shown to increase exercise endurance and to have immunomodulating, anti-inflammatory, anti-fatigue, anti-tumour and pain-relieving properties in animal studies. In humans with inflammatory bowel disease, Chaga has been shown to reduce oxidative stress in lymphocytes.

Shiitake (*Lentinula edodes*): Like each of the other mushroom extracts, shiitake has powerful

immunomodulating properties. However, the most unique aspect of this mushroom is its demonstrated cardioprotective and anti-atherosclerotic effects. Part of these benefits for the cardiovascular system can be attributed to Shiitake's ability to inhibit LDL cholesterol oxidation and HMG-CoA reductase activity.

Mushroom Matrix also includes two prebiotic fibres to strengthen the gastrointestinal barrier and support immune function. Fibregum is an all-natural, GMO-free source of soluble fiber, sourced from acacia gum sap. Research trials on Fibregum have shown that it can encourage the production of short chain fatty acids (SCFA's) in the colon, decrease inflammation and reduce gut permeability. VitaFibre IMO is a prebiotic fibre of isomaltooligosaccharides sourced from tapioca. VitaFibre IMO has the added benefit of being naturally sweet, thereby providing Mushroom Matrix with a pleasant flavour. Organic acerola cherry, acai berry and goji berry extracts are also included for their natural sweet flavour and as potent antioxidant agents.

Taken together, Mushroom Matrix provides a blend of mushrooms with broad health effects and support for many body systems. Mushroom Matrix is offered as a powder for simple and adjustable dosing regimens with your patients, with each 3.6g scoop providing 1000mg of a potent mushroom and antioxidant blend, 2.4g of FibreGum and 200mg of VitaFibre IMO.

Each scoop contains

Organic Agaricus Blazei (mycelia)	132mg
Organic Turkey Tail (mycelia, Trametes versicolor)	132mg
Organic Lion's Mane (mycelia, Hericium erinaceus)	132mg
Organic Maitake (mycelia, Grifola frondosa)	132mg
Organic Reishi (mycelia, Ganoderma lucidum)	132mg
Organic Chaga (mycelia, Inonotus obliquus)	132mg
Organic Shiitake (mycelia, Lentinula edodes)	132mg
Organic Acai extract (fruit, Euterpe oleracea) 4:1	40mg
Organic Acerola extract (fruit, Malpighia glabra) 10:1	18mg
Organic Goji extract (fruit, Lycium barbarum) 10:1	18mg

Non-Medicinal Ingredients

Organic VitaFiber™ isomalto-oligosaccharides (tapioca), Organic Fibregum™ (acacia), organic maltodextrin.

Recommended Use Claim

Source of polysaccharides with immunomodulating properties and antioxidants that help protect against the oxidative damage caused by free radicals.

Directions of Use

Adults - Mix 1 scoop in 250ml water, 1-2 times per day or as directed by a healthcare professional.

Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant, breastfeeding, or taking blood thinners (anti-coagulants), or if you have diabetes.

Known Adverse Reactions

Hypersensitivity/allergy has been known to occur to acai or plants of the Arecaceae family. In such a case, discontinue use.

Storage Conditions

Do not use if safety seal is broken.