

# Lion's Mane

200mg of cultured lion's mane mycelium and 250mg of lion's mane fruiting body extract per capsule to provide neurological, anti-inflammatory and metabolic support

GMO Free

Vegan

Gluten Free

Dairy Free

Soy Free



- 200mg of cultured lion's mane mycelium and 250mg of lion's mane fruiting body extract per capsule to provide biological activity from the entire mushroom, including the unique active ingredients known as hericenones and erinacines
- Clinical trials have found lion's mane provide nerve tissue support in cases of nerve damage, cognitive deficits and perceived stress
- Lion's mane also has been demonstrated to provide anti-inflammatory and metabolic support

Medicinal mushrooms have been used in traditional medicine for thousands of years and have gained popularity in recent decades as a natural health supplement in North America. In general, the active ingredients in medicinal mushrooms are known for their adaptogenic, antioxidant and immune supporting actions. That being said, each species has been found to target different health concerns depending on the unique blend of beta-glucans, triterpenoids, ergosterols and other active compounds.

*Hericium erinaceus*, colloquially referred to as lion's mane mushroom, contains beta-glucans which aid in

its immune modulating capabilities. This mushroom has recently become renowned for its ability to support brain health. Specifically, it contains two particular compounds to support neurological cells known as hericenones and erinacines. These active ingredients are thought to explain why research has shown that lion's mane can support mood, provide central nervous system repair, quench inflammation and offer metabolic benefits.

Multiple human clinical trials have seen neurological benefits with lion's mane. For example, a 2020 study found that supplementation with 1 gram of lion's mane mushroom daily for 49 weeks significantly improved cognitive test scores when compared with a placebo. A separate trial involving adults aged 18-45 showed improved acute cognitive function after ingestion of 1.8 grams and improvements in perceived stress after 28 days.

A plethora of animal research has also found neurological benefits for lion's mane. Of note, animal studies have found that lion's mane mushroom extract may help speed recovery from brain & spinal cord injuries by stimulating the growth and repair of nerve cells. In mice with nerve damage, 6 weeks of daily lion's mushroom extract significantly reduced pain, balanced blood sugar levels and increased

antioxidant levels. Other animal trials find that lion's mane can improve functioning of the hippocampus, regulate blood sugar levels, provide anti-inflammatory effects and support mood.

Cyto-Matrix **Lion's Mane** provides 200mg of cultured lion's mane mycelium and 250mg of lion's mane fruiting body extract per capsule to offer health benefits from the entire mushroom. The fruiting body is the reproductive structure of the mushroom, whereas the mycelium is the vegetative body of the mushroom. Although both the fruiting body and the mycelium perform different functions and have different structures, both contain biologically active compounds.

Cyto-Matrix offers a number of encapsulated mushroom formulas as well as a powdered mushroom blend, **Mycelium Matrix**, to provide practitioners and patients with targeted therapeutic options. All of Cyto-Matrix encapsulated mushroom products include a blend of both fruiting body extracts and mycelia from leading industry suppliers to ensure the highest quality and delivery of active ingredients. Specifically, the fruiting body extraction utilizes the industry standard of high performance liquid chromatography- ultraviolet (HPLC-UV) for identification and processing. The mycelia are grown

in an environmentally conscious practice on certified organic, gluten-free, whole grain oats.

#### Each vegetable capsule contains

Lion's Mane ..... 250mg  
(fruiting body, *Heridium erinaceus*) 8:1 extract equivalent to 2000mg of dry fruiting body\*

Lion's Mane ..... 200mg  
(cultured mycelia, *Heridium erinaceus*)

\* Hot water and alcohol extract / \*Extrait à l'alcool et à l'eau chaude

#### Non-Medicinal Ingredients

Acacia gum, hypromellose, magnesium stearate.

#### Recommended Use Claim

Source of fungal polysaccharides with immunomodulating properties.

#### Directions of Use

Adults (18 years and older) - Take 1 capsule per day.

#### Cautions and Warnings

Consult a healthcare professional prior to use if • you are pregnant • you are breastfeeding. Keep out of reach of children.

#### Storage Conditions

Do not use if safety seal is broken.