



Benefits

- General Immune Support
- Prevent / minimize chronic disease
- Safe & beneficial for long term use in dogs and cats

Product Suggestions

- Four Leaf Rover Seven 'Shrooms
- Sustenance Herbs Immune Mushroom Blend
- Four Leaf Rover Turkey Tail
- Four Leaf Rover Lion's Mane
- Ziggy Marley Apawthecary Reishi
- Ziggy Marley Apawthecary Turkey Tail
- Ziggy Marley Apawthecary Lion's Mane
- Animal Essentials Mushroom Defense

How much should I feed?

Use the dose suggested on the product package for prevention and overall wellness. If your pet is experiencing a current illness (like cancer) use double the dose suggested on the package.

MEDICINAL MUSHROOMS

All culinary mushrooms have benefits like fiber, minerals, vitamins, fatty acids, and protein. Some mushrooms, though, fall into the 'medicinal' category because they are extraordinarily good at providing substantial health benefits. When these mushrooms are included regularly in the diet they provide benefits that can help prevent disease and early ageing, and have been scientifically shown to help the immune system fend off infections and dysregulation that can lead to serious illness.

Are medicinal mushrooms just the latest fad?

Mushrooms have been consumed safely for thousands of years for their nutritional and medicinal benefits, so really, we are just catching up. The most popular medicinal ones have been scientifically studied for decades, and the findings have supported the traditional uses and added more detail about the science behind those traditions.

I'm confused by all the options!

- **Raw vs. Cooked**

Mushrooms should not be fed raw because they are very hard to digest. More importantly, raw mushrooms, even when powdered, only provide 20% of the immune and health benefits when compared to powders made from steamed or boiled mushrooms. This is because hot water extraction breaks down the constituents that block the body's ability to absorb the "superfood" chemistry of medicinal mushrooms.

- **Fruiting Body vs. Mycelium**

The fruiting body (the part we see) is often seen as the ideal part to use, but the mycelium (the "roots") are also beneficial. For immune-boosting benefits the question should be, what is the percentage of beta-glucans? The ideal, no matter what part is used, are companies that guarantee at least 15-20% beta-glucans in their product.

- **Powder vs. Liquid**

Powders are easy to feed and provide a well-rounded complement of benefits. Teas (made by simmering for 1 hour or more) are the traditional method and are similar in benefits to using steamed powders. Liquids sold as tinctures conveniently concentrate some of the chemistry, but they should always be "double-extracted." This means a hot water extraction (best for beta-glucans) followed by an alcohol extraction (best for terpenes). If your pet has liver disease it's better to use powders to avoid any alcohol.

- **Combos vs. Singles**

If you are mainly interested in general immune support to prevent disease, a variety of mushrooms gives you a diversity of those beneficial compounds, which is just what you want for a system as complex as the immune system is.

What are some of the potential benefits for specific mushrooms?

Even though the chemical structure of different species of mushrooms varies they all help balance the immune system, so you will see overlap in their individual potential benefits. Some are higher in beta-glucans, others are higher in antioxidants, and yet others have specific chemistry for infections, heart disease, kidney disease, and cognition.



Learn More

Check out this book:

Christopher Hobbs' Medicinal Mushrooms - The Essential Guide

Top Choices

Overall Immune Support:

Reishi, Turkey Tail

Cancer Support:

Reishi, Turkey Tail, Shiitake, Chaga

For Infections:

Shiitake, Reishi, Chaga

Heart Support:

Reishi, Shiitake

Brain Support:

Lion's Mane, Reishi

Kidney Support:

Cordyceps, Reishi

Liver Support:

Reishi, Shiitake

Nerve Support:

Lion's Mane, Reishi

Lifting Mood & Energy:

Lion's Mane, Reishi, Cordyceps

Calming:

Reishi

Combine or rotate species to increase the diversity of benefits.

REISHI

- Relieving symptoms of anxiety, insomnia, and depression
- Benefiting the heart; helping regulate blood pressure and blood sugar
- Benefiting the lungs and respiratory tract
- Protecting against free radicals and tissue damage
- Inhibiting viral growth
- Reducing inflammation
- Activating and balancing immune function
- Inhibiting tumor growth
- Improving cognitive function and energy

TURKEY TAIL

- immunomodulating
- Cancer prevention
- Immune support during chemotherapy and radiation; alleviating side effects
- preventing and treating infections and inflammation of the upper respiratory, urinary, and digestive tracts
- cholesterol regulating
- antiviral

SHIITAKE

- Support during conventional cancer treatment to ease side-effects
- Immune support for preventing and treating viral and bacterial infections
- Cardiovascular support, lowering cholesterol
- Regulating blood glucose and insulin
- Liver support

MAITAKE

- Supporting the immune system during cancer treatment
- Protecting the liver
- Antioxidant
- Regulating cholesterol
- Lowering blood sugar

LION'S MANE

- Supporting and repairing nerves
- Supporting memory, mood, and cognitive function
- Counteracting gastritis
- Anti-inflammatory, antioxidant, antibiotic, anticarcinogenic
- Regulating blood pressure, blood sugar

CHAGA

- Antitumor (wildcrafted product, should be ethically harvested)
- Supports immune system (commercially grown mycelium due to more beta-glucans)
- Supports the heart
- Antioxidant
- Antimicrobial

CORDYCEPS

- Protecting the kidneys, especially for those with chronic kidney disease
- Helping alleviate chronic coughs and wheezing
- Supporting overall energy, especially in elders

