



A GUIDE TO MUSHROOMS

CORDYCEPS

GREAT FOR ENDURANCE AND ENERGY

These are great for those that love to be active and want to get a little boost of energy and endurance.

REISHI

CALMING AND HELPING WITH ANXIETY

Need a little better quality shut eye? This mushroom is your guy. Reishi gives a calming effect and lets you get a great nights rest waking up feeling more than refreshed.

CHAGA

GREAT FOR THE IMMUNE SYSTEM

Feel like you just can't avoid getting sick? Chaga is the king of immunity! This mushroom is one of the highest antioxidant foods around and will help you ward off any bug that comes your way.

LIONS MANE

FOCUS AND MEMORY

Can't seem to focus at work or school? Lions mane is just the mushroom for you. These fluffy white mushrooms help with memory and cognitive focus.

