

GUIDE TO LION’S MANE

Lion’s Mane

The Mind Mushroom

Revered for centuries in traditional wellness practices, Lion's Mane grows on hardwood trees and is known for its unique, cascading appearance and brain-loving compounds.

It's used daily to support focus, memory, mood, and cognitive vitality.

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Brain Support
- 

Focus & Clarity
- 

Nerve Health
- 

Mood Balance





BEST FOR

Mental clarity, focus, memory, and mood support



WHEN TO TAKE

Morning or daytime



TIME TO WORK

Most people notice effects within **2-4 weeks**

WHAT LION'S MANE DOES

Clearer Mind. Stronger You.

Lion's Mane supports cognitive performance without the jitters.

It helps you stay sharp, calm, and mentally resilient, even on demanding days.

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Cognitive Support
Supports memory, learning, and overall brain function
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Focus & Clarity
Helps you stay mentally sharp and on track.
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Nerve Health
Contains compounds that support nerve regeneration and health.



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Mood Balance
Supports emotional well-being and a positive outlook
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Stress Resilience
Helps your mind stay balanced in times of pressure.
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Sustained Energy
Promotes calm, focused energy without the crash.





TAKE DURING THE DAY

HOW TO TAKE LION'S MANE

Simple to Use. Easy to Love.

Make it part of your daily ritual. Small daily habits lead to meaningful results.

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With breakfast, coffee, or tea
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Morning or daytime
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Take with food
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Pairs well with your other supplements

TIME TO WORK

The Power of Consistency

Lion's Mane works gradually, building your mental edge over time.

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Week 1
You start to feel more focused and calm.
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Week 2-3
Mental fog lifts, and memory feels sharper
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Week 4-6
Noticeable improvements in clarity and mood
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Beyond 6 weeks
Long-term cognitive support and resilience

TRACK YOUR PROGRESS

Mind in Motion Check-In

Track your mental momentum and celebrate the wins along the way

1 = Low 5 = Average 10 = High

DAY	 FOCUS	 MEMORY	 MOOD	 MENTAL ENERGY
Day 1				
Day 7				
Day 14				
Day 21				
Day 28				