

GUIDE TO MUSHROOMS

Mushroom Guide

Your Complete Guide to Daily Wellness

Medical mushrooms have been used for centuries to support health, balance, and longevity. This guide covers the key benefits, how to take them, when to take them, and much more.



Natural Support



Rooted in Tradition



Backed by Science



Mind + Body Balance



BEST FOR

Anyone looking to support their health naturally and build consistent habits



HOW IT WORKS

Mushrooms contain bioactive compounds that support your body's natural functions



CONSISTENCY MATTERS

Small habits lead to long-term results.

WHY MUSHROOMS

Whole Body Benefits Every Day

Mushrooms work with your body to support resilience, energy, clarity, and balance.

Each mushroom offers unique benefits, and together they create a powerful foundation for daily wellness.

Some potential benefits include:



Immune Support

Supports natural defences and overall immune function.



Mental Clarity

Promotes focus, memory, and cognitive performance.



Sustained Energy

Helps support energy levels without the crash.



Stress Relief

Helps your body adapt to stress and supports emotional balance.



Recovery & Stamina

Supports physical endurance, recovery, and overall vitality.



Digestive & Gut Health

Supports a healthy gut microbiome and digestion.



MAKE IT A RITUAL

HOW TO TAKE MUSHROOMS

Simple. Consistent. Effective.

Mushrooms work best when taken consistently as part of your daily routine.



With coffee, tea, or your favourite drink



Morning or daytime is ideal



Take with food for best absorption



Choose high-quality extracts or powders.

HOW TO TAKE MUSHROOMS

When to Take Mushrooms

Time can enhance how mushrooms support your body and mind.



Morning

For energy focus, and productivity



Midday

To maintain clarity and reduce stress



Evening

Reishi is best in the evening for relaxation and recovery.

WHAT TO EXPECT

The Power of Consistency

Mushrooms work gradually with your body, not instantly.



Week 1

You start to feel more balanced and aware



Week 2-3

Energy, focus, and mood begin to improve.



Week 4-6

Benefits become more noticeable and lasting.



Beyond 6 weeks

Long-term support for resilience and vitality.

STACK SMARTER

Better Together

Many mushrooms work synergistically. Try these powerful combinations.



Lion's Mane



Cordyceps



Focus + Energy



Reishi



Lion's Mane



Calm + Clarity



Chaga



Reishi



Immunity + Balance



Cordyceps



Reishi



Stamina + Recovery



Lion's Mane



Reishi



Chaga



All-Around Wellness



Start with 1-2 mushrooms, then explore combinations over time

BEGINNER'S TIPS

Start Simple. Stay Consistent.

Small daily choices lead to big results.



Start with one mushroom

Get to know how it makes you feel.



Give it time

Try for at least 4-6 weeks to feel the full benefits



Quality matters

Look for dual-extracted fruiting body mushrooms.



Make it easy

Add to your daily routine in a way you enjoy



Listen to your body

Adjust timing and dosage as needed



Stay inspired

Consistency is self-care. You're investing in your long-term health.