

LIST OF SCIENTIFIC PAPERS



If you've made it here, you are part of the small percentage of deep-divers that make the world move forward! As our interest in the incredible world of fungi grows, so does our research on what exactly makes them so unique and useful for us all. Although we are still in the early stages, there are already a multitude of studies providing interesting insights into their properties.



Below is a list of the most noteworthy and interesting studies, keeping in mind that many of these tests are unfortunately poorly funded and require extra verification through further research. Lastly, all the medicinal mushrooms used in the **Ultimate 10 Mushroom Blend** have been used safely and with tangible benefits for centuries, so experiencing them firsthand is the best way to evaluate their effects on your body. Let's dive in!

1. Lion's Mane (*Hericium Erinaceus*)

- I. Potential Brain Enhancement and Neurogenesis proprieties
- II. Cognitive Function and Mood
- III. Adaptogenic Properties



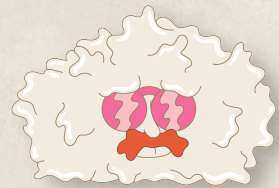
2. Reishi (*Ganoderma Sichuanense*)

- I. Neuroprotective and Cognitive Benefits
- II. Immune System Boost
- III. Mental Health and Mood Regulation



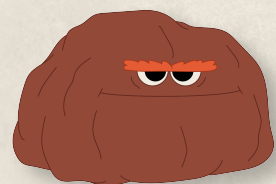
3. Tremella (*Tremella Fuciformis*)

- I. Anti-Inflammatory and Antioxidant Properties
- II. Neuroprotective Benefits
- III. Gut Health and Immune Regulation



4. Poria Cocos (*Wolfiporia Extensa*)

- I. Anti-Inflammatory and Immunomodulatory Effects
- II. Sleep Quality Enhancement
- III. Polysaccharides and Antioxidant Properties



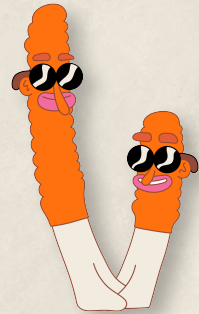
5. Shiitake (*Lentinus Edodes*)

- I. Anti-Inflammatory and Antioxidant Properties
- II. Improved Metabolism
- III. Immune System Boost



6. Caterpillar Fungus (*Cordyceps Sinensis*)

- I. Stem Cells Recruitment and Muscle Recovery
- II. Anti-Inflammatory and Immunomodulatory Effects
- III. Antioxidant Activity



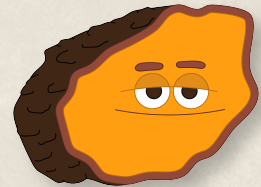
7. Black Fungus (*Auricularia Cornea*)

- I. Polysaccharides Concentration
- II. Anti-Inflammatory Properties
- III. Antimicrobial on Human Pathogens



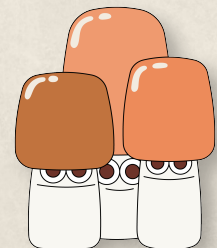
8. Chaga (*Inonotus Obliquus*)

- I. Anti-Inflammatory and Antioxidant Properties
- II. Overall Organism Benefits
- III. Immune System Boost



9. Almond Mushroom (*Agaricus Blazei*)

- I. Overall Nutritional Values
- II. Anti-Fungal and Antimicrobial Proprieties
- III. Immune System Support and Antioxidant Proprieties



10. Maitake (*Grifola Frondosa*)

- I. Anti-Ageing and Neuroprotective Proprieties
- II. Improved Metabolic Health
- III. Immune System Support

