

LION'S MANE

CAPSULES
100% ORGANIC

BEST
QUALITY

For Brain-boosting Cognitive Support



What is Lion's Mane?

Lion's mane mushrooms, also known as hou tou gu or yamabushitake, are large, white, shaggy mushrooms that resemble a lion's mane as they grow. They have both culinary and medical uses in Asian countries like China, India, Japan and Korea. Lion's mane mushrooms contain bioactive substances that have beneficial effects on the body, especially the brain, heart and gut.

Lion's Mane Health & Wellness Benefits



Keeps your mind fit

Contains compounds that stimulate the growth of brain cells and may protect them from damage caused by Alzheimer's disease.



Relieves **anxiety** and **depression**

Its ability to regenerate brain cells may improve the functioning of the hippocampus; which relieves mild anxiety and depression.



Bolsters your nerve cell growth

May help speed recovery from brain or spinal cord injuries by stimulating the growth and repair of nerve cells. May also help reduce the severity of brain damage after a stroke.



Protects against stomach ulcers

May protect against the development of stomach ulcers by inhibiting the growth of H. pylori and protecting the stomach lining from damage.



Helps fight cancer

May help kill cancer cells and slow the spread of tumours.



Additional benefits

- Improves your focus
- Boosts your immune system
- Helps manage diabetes symptoms
- Reduces heart disease risk