

Benefits of Each Medicinal Mushroom

Condition	Lion's Mane	Reishi	Chaga	Turkey Tail	Oyster	Cordyceps
Immunomodulating (helps regulate the immune system)	✓	✓	✓	✓	✓	✓
Antibacterial/antiseptic	✓	✓	✓	✓		✓
Antiviral		✓	✓	✓	✓	✓
Anti-inflammatory	✓	✓	✓	✓		✓
Antioxidant (protects cells/the body from free radicals)	✓	✓	✓	✓	✓	✓
Allergies		✓				
Anxiety	✓	✓				✓
Depression	✓	✓				
Insomnia		✓				✓
Memory (neuroprotective)/better focus	✓					✓
Stimulate nerve growth (mind and body)	✓					✓
Circulation				✓		✓
Hypertension		✓		✓	✓	✓
Cardiovascular health	✓	✓			✓	✓
Cholesterol		✓	✓	✓	✓	✓
Lungs (helps with breathing, and overall lung health)		✓		✓		✓
Bronchitis	✓	✓				✓
Asthma		✓				✓
Soothes gastritis (helps with digestion)	✓	✓	✓			✓
Liver		✓	✓	✓	✓	✓
Anti-aging/skin elasticity			✓			✓
Acne				✓		
Cancer (anti-tumor)	✓	✓	✓	✓	✓	✓
Blood sugar stability	✓	✓	✓		✓	✓
Nerve/ rheumatic pain		✓	✓	✓		✓
Arthritis/gout				✓		✓
Balancing hormone levels/ increase fertility (aphrodisiac)		✓				✓
Vitamin B		✓			✓	✓
Vitamin C					✓	
Vitamin D	✓			✓	✓	
Copper		✓			✓	✓
Iron		✓				✓
Folic acid					✓	
Zinc					✓	✓

* This list is not intended to diagnose, treat, or cure any disease. The information above is based on suggested research (with humans and mice) and is not guaranteed to help with any condition. Do not stop taking any medication, unless told to by a health care professional. Consult a health care professional with any concerns. This list does not solely represent the medicinal properties of each mushroom, as research is limited. Thank God It's Fungi is not responsible for any adverse reactions from sold products (allergy, medical, or otherwise).