

# Mushrooms

*In addition to being rich sources of vitamins, minerals, amino acids, and fiber, medicinal mushrooms have many health benefits for athletes and active individuals. Find them as teas, powders, capsules, and tinctures or cook them fresh.*

## SHIITAKE

- immunity
- antioxidant support
- gut health



## REISHI

- stress
- mood
- immunity
- libido



## CHAGA

- inflammation
- respiratory health
- antioxidant support
- liver detoxification



## LIONS MANE

- brain function
- mental clarity
- brain-gut axis
- gut health



## CORDYCEPS

- cardiovascular health
- energy & stamina
- immunity



*Medicinal mushrooms are not ideal for everyone, including those with autoimmune issues. Work with your naturopath to ensure they are safe for you. Read our blog on 5 key medicinal mushrooms.*

