

What can you find within the produce part of some grocery shops, the complement aisle, in certain sorts of coffee, on the menu at your native restaurant, and maybe even on a log in your backyard? When you guessed lion's mane mushrooms, then you're hip to one among the latest food tendencies. Paul Stamets, [Mind Guard product page](#) who has written six books about mushrooms, sells mushroom-based supplements, and has a 2008 TED Talk called "6 Ways Mushrooms Can Save the World." He also appears within the 2019 documentary *Fantastic Fungi*. The marketplace for mushrooms for food, pharmaceuticals, cosmetics, and other functions is thriving, too. We spoke with Stamets and different specialists about lion's mane's reputation, its history as a medicinal meals, and its makes use of as we speak. What Are Lion's Mane Mushrooms? Appearance: While lion's mane is also known as one mushroom, there are three totally different species. *Hericium erinaceus* is the most commonly bought, and it seems form of like a white pom-pom.

(Image: <https://i.pinimg.com/originals/15/c3/ca/15c3ca396f60a6fae5584d879d8f3e17.png>) Taste and texture: On the subject of flavor, texture, and nutritional content material, contemporary lion's mane mushrooms will be a wonderful addition to meals. Alan Bergo, a forager and chef based in Minnesota. Mineral content: "Just like other mushrooms, lion's mane mushrooms are a good source of sure essential minerals equivalent to potassium, zinc, and manganese and a number of other B vitamins, together with thiamine, riboflavin, and niacin," says Amy Keating, RD, a nutritionist at Consumer Reports. Use in supplements: You may also get your lion's mane fix as powders, which you'll be able to add to drinks corresponding to coffee; in capsules; and in gummies. Some supplements are made of extracts from the fruiting physique (the part that grows above ground), while others are from the mycelium (the root-like structure that grows under ground and is instrumental in supporting the ecosystem). Many of those supplements claim to offer brain and nerve help. Preliminary research has advised that consuming lion's mane mushrooms may be linked to better mind health and decreased symptoms of depression.

In studies in rodents, the mushrooms have also promoted longevity and protected towards gastric ulcers. But analysis in people is proscribed and more research is needed to find out the potential health benefits for individuals. While lion's mane mushrooms aren't used in conventional drugs-and aren't a substitute for conventional medical remedies-some nutritionists advocate them as a complement to extra typical treatments. Janet Zarowitz, MS, RD, CDN. She advises anyone interested by taking a supplement to test with a doctor first. By way of uncomfortable side effects, Janet Zand, an Austin-primarily based physician of conventional Chinese drugs, counsels her patients to cease taking lion's mane supplements at the very least two weeks previous to surgical procedure. Two small research-one on rodents and one in vitro-counsel that lion's mane may thin the blood, thereby impeding blood clotting. Lack of definitive research hasn't stopped the proliferation of lion's mane on the supplements market. Alongside Host Defense, the supplement brand offered by Stamets, many manufacturers have emerged, but not all are created equal.

If you're thinking about buying lion's mane supplements, the following pointers can aid you navigate your choices. Identify authentic products. On Amazon, we discovered lion's mane mushroom supplements in capsule, powder, and even gummy kind that cost \$15 to \$53-although of course the worth per unit, or per ounce, varies. But when shopping on Amazon, it's essential to make sure that you're buying from the producer, and not a third get together. You're extra prone to encounter counterfeit merchandise when buying via a 3rd party than when procuring the model straight, and in relation to supplements that could possibly be particularly harmful. To make certain that you're getting the best product, it's better to go on to the manufacturer's web site and purchase from there. Look for a third-get together seal. Zarowitz, the nutritionist. Search for a seal from a legit third get together, like U.S. Pharmacopeia (USP). For more information on third-celebration seals, cognitive health supplement learn the way to choose supplements correctly. Buy natural. If you're on a complement manufacturer's webpage, read up on how the company makes its product.

(Image:

https://media.istockphoto.com/id/1390723354/photo/fish-oil-vitamins-for-health-cod-liver-oil-omega-3-and-dha-body-care-pill-yellow-clear.jpg?s=612x612&w=0&k=20&c=2xnK_NHGtKwjPUotazinJJhUoLNKyFqqqfDpdbaEhc=))

Where does it get the mushrooms? Is the product certified natural? Because certain heavy metals can be current in soil, some certified organic merchandise might contain as a lot heavy steel contamination as standard products. Still, it's vital to buy certified natural mushrooms to avoid different contaminants, similar to pesticides. To keep away from contaminants, Stamets recommends that consumers make sure that the mushrooms they're getting aren't coming from China. Depending in your location, lion's mane may be discovered at shops akin to Whole Foods and Wegman's, on Fresh Direct, and at some specialty Asian markets. Understand that lion's mane is a specialty merchandise, [brain support supplement](#) so you might pay upward of \$10 per pound of mushrooms. Lion's mane, like different forms of mushrooms, are additionally a very good meat analogy, meaning that when it comes to texture and style, it may be an awesome substitute for meat in a dish. Keep in [Mind Guard product page](#), nevertheless, that nutritionally, mushrooms are a lot decrease in protein than meat, so you might need to pair them with a plant-primarily based protein source.

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