

## ***Edible Mushrooms***

Many scientists consider edible mushrooms to be the new frontier of modern medicine for a variety of health benefits. New Earth uses the finest, completely organic mushrooms in its natural whole foods products. Here is a list of beneficial mushrooms and the New Earth products they can be found in.



**Agaricus Blazei** – Containing polysaccharides and ergosterol (a potent antioxidant), scientists are currently researching this mushroom for its beneficial use with blood glucose, cholesterol, circulation, inflammation, liver function and immune system.

***Found In:***

- Defend
- Thrive packets

**Agarikon** – This tree based conk mushroom found in forests in Oregon and Washington was dubbed “elixir of life” by the ancient Greeks. Research today revolves around uses with inflammation, age related memory function, immune system, oxidative stress and cellular support.

***Found In:***

- Elevate
- Thrive packets

**Black Trumpet** – This culinary gourmet mushroom contains polysaccharides, polyphenols, beta glucans and trace minerals. Today’s studies with this mushroom center on benefits to immune system, blood glucose and cellular integrity.

***Found In:***

- Wild Forest
- Wild Packets

**Turkey Tail** – Contains PSK and PSP which are both polysaccharide-protein complexes that are water soluble and contain polysaccharides, beta glucans, and protein. Research on Turkey Tail revolves around benefits to immune modulation, digestive system, circulation, lymph system, immune system, liver function and cellular system.

***Found In:***

- Defend
- Thrive packets

**Cordyceps** – This mushroom is rich in proteins, plant sterols, polysaccharides, antioxidants, and nucleoside derivatives. Scientific research currently is interested in its benefits for immune system, liver function, sports performance, endocrine system, cardiovascular system, circulatory system, immune modulation, cellular oxidation, blood glucose and kidney function.

***Found In:***

- Wild Forest
- Drive
- Elevate
- Defend
- Thrive packets
- Edge Packets
- Wild Packets

**Lion's Mane** – This mushroom has been called “nature’s nutrient for the neurons” due to NGF (nerve growth factor) being found in it. Scientists currently are interested in its benefits for stimulation of nerve growth, neuropathy, age related memory function, intestinal ulceration, mental clarity, and the neurological system.

***Found In:***

- Focus
- Elevate
- Thrive packets
- Edge Packets

**Maitake** – This gourmet culinary mushroom has excellent nutritional value through a variety of beneficial phospholipids, unsaturated fatty acids, polysaccharides, antioxidants, beta glucans and plant sterols such as ergosterol. Scientists currently are studying it for its benefits for the immune system, liver function, endocrine system, circulatory system, bone and skeletal system, blood glucose, skin, immune modulation and cardiovascular system.

***Found In:***

- Wild Forest
- Defend
- Thrive packets
- Wild Packets

**Oyster Mushroom** – This mushroom is rich in beta glucans, B vitamins, protein, minerals, polysaccharides, and ergothioneine (a potent antioxidant). Scientists currently are interested in them for their benefits with the cardiovascular system, cellular oxidation, inflammation, circulatory system, and immune system.

***Found In:***

- Energize
- Thrive packets

**Poria Cocos** – This polypore tuber is found on the root of pine trees and has been used in Chinese medicine for over 5,000 years. It is rich in beta glucans, polysaccharides, fiber, and triterpenes. Current research centers on its benefits to the gastrointestinal system, nervous system, inflammation, joint and cartilage systems, kidney function and cardiovascular system.

***Found In:***

- Wild Forest
- Wild Packets

**Reishi** – This mushroom is high in beta glucans, polysaccharides, and has 130 identified triterpenoid compounds. It is a complete whole food rich in proteins, enzymes, minerals, and complex polysaccharides. Research is currently focused on benefits to the cardiovascular system, liver function, circulation, cholesterol, inflammation, stress response, oxidative stress, immune modulation, cellular damage and immune system.

***Found In:***

- Wild Forest
- Energize
- Defend
- Thrive packets
- Wild Packets

**Shiitake** – This nutrient dense mushroom is rich in beta glucans, polysaccharides, glycoproteins, B vitamins, and ergosterol. Research is currently focused on its benefits for the immune system, cardiovascular system, immune modulation, liver function, cholesterol, and cellular oxidation.

***Found In:***

- Defend
- Thrive packets