



# The Ravensden Mushroom Company



## Lion's Mane Mushroom Capsules



Lion's Mane (*Hericium erinaceus*) is an edible mushroom belonging to the tooth fungus group. Native to North America, Europe, and Asia, it can be identified by its long spines, occurrence on hardwoods, and tendency to grow a single clump of dangling spines.

Lion's mane is a mushroom with a history of both medicinal and culinary uses in Asia and Europe dating back to 450 BC when Greek physician Hippocrates discovered the potential anti-inflammatory properties of fungi. The potential benefits of lion's mane mushroom are numerous and span physical, cognitive and mental health. The mushroom is a source of natural bioactive compounds, which are health-promoting chemicals found in certain foods and plants. As a result, it exhibits disease-fighting properties, including anti-cancer, anti-microbial and antioxidant activity.

Research also suggests that Lion's Mane may protect nerves from disease or decline, according to a 2015 abstract in the *Journal of Agricultural and Food Chemistry*.

The same study concludes the mushroom displays additional health-promoting benefits, such as:

- Regulates blood sugar.
- Reduces high blood pressure.
- Promotes healthy energy levels and combats fatigue.
- Helps to prevent excess blood lipid accumulation.

- Protects heart health.
- Slows biological aging.
- Protects liver and kidney health.

### **Potential treatment for depression**

Lion's Mane mushroom may be a potential alternative treatment for depression, according to a 2020 abstract in the *Journal of Molecular Science*.

The abstract highlights three ways in which Lion's Mane may ease depression symptoms:-

- Help ensure the presence of sufficient neurotransmitters
- Reducing the loss of nerve growth brought about by stressful situations
- Minimising inflammation linked to depression.

Also research shows that people living with major depressive disorders may have lower nerve growth factor than non-depressed people, according to a 2015 analysis in *Neuropsychiatric Disease and Treatment*. Nerve growth factor helps nerve cells specialise, grow and remain healthy, which are important aspects of mood regulation. A number of studies demonstrate that Lion's Mane increases nerve growth factor.

### **May Benefit Brain Health**

Lion's Mane's effect on nerve growth factor levels may enable it to help protect against disorders like Alzheimer's disease that feature cognitive impairment.

Lion's Mane is a type of nootropic, meaning it contains compounds that improve brain health and function. For example, Lion's Mane may be effective at improving symptoms of mild cognitive impairment, according to a trial in *Psychotherapy Research*. In the trial, adults ages 50 to 80 took four 250mg Lion's Mane tablets three times daily for 16 weeks. Cognitive function scale testing showed that participants taking Lion's Mane scored higher than the placebo group, and their cognitive ability improved with the duration of supplementation.

Four weeks after discontinuing Lion's Mane their cognitive test scores decreased.



*In the UK, Lion's Mane mushrooms are protected under Schedule 8 of the Wildlife and Countryside Act 1981. This is the highest legal protection that can be given to plants or fungi, meaning they're illegal to collect in the wild. So, if you come across a Lion's Mane mushroom when you're out and about, leave it alone!*