

Lions Mane

Hericium erineaceus



Medicinal Uses Lions mane can promote nerve growth and research shows that it contains the compounds hericerins, erinacines, alkaloids, steroids, and polysaccharides that are effective against memory loss, depression, anxiety, dementia, neurological disorders, ADHD, and cancer. It stimulates the vagus nerve and regulates the gut-brain axis. Helps restore the balance of intestinal microbes, which are linked to brain function, health and mood

Also known as The Monkey head mushroom, mountain-priest mushroom, bearded tooth fungus, bearded hedgehog, and pom pom mushroom

Habitat & season Native to North America, Europe, and Asia, it grows mainly on dead or dying hardwood trees such as oak walnut, beech, maple, birch, and black walnut. **IT IS ILLEGAL TO PICK WILD IN THE UK** as they are protected under Schedule 8 of the Wildlife and Countryside Act 1981. Fortunately is it easy to grow on substrate and farm

Identification features A beautiful creamy white “pom pom” like mass of teeth that look like icicles hanging from a central stalk. They can grow in spaced groups of up to 5 fruiting bodies. They are mainly white, although they become brown or yellow with age

Interesting A really delicious edible mushroom especially when young. Tastes rather like lobster and is a great fish substitute in vegan diets

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Research

Perez, 2023. 9 Health Benefits of Lion’s Mane Mushroom (Plus Side Effects)

Jiang, 2014. Medicinal properties of *Herichium erinaceus* and its potential to formulate novel mushroom-based pharmaceuticals

Mori, 2008. Improving effects of the mushroom Yamabushitake (*Herichium erinaceus*) on mild cognitive impairment: a double-blind placebo-controlled clinical trial

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