

Snow Fungus

Tremella fuciformis



Medicinal Uses	Historically, the Tremella Mushroom is considered the “Fountain of Youth,” and in Chinese medicine it is known for its many health benefits. It is believed that the snow mushroom reduces inflammation, boosts the immune system, supports lung function, and helps maintain clear, glowing skin
Also known as	Snow ear, silver ear fungus, and white jelly mushroom, Hakumokuji, Bai Mu Er & Yin Er. Eastern Cauliflower mushroom
Habitat & season	Often found attached to fallen branches and bark of broad-leaved trees in Asia and other tropical climates
Identification features	Translucent white or pale yellow in colour. Has a sea-weed like shape with branching fronds. Soft, jelly-like texture when fresh or reconstituted. A delicious edible mushroom that belongs to the Tremellaceae family
Interesting	It’s qualities are smooth and silky and it can be used topically and internally. Snow Fungus is often used in skincare products and has been described as “vegan collagen”
Available in	<ul style="list-style-type: none">• Personal blends for clients wanting a cool calm approach when dealing with inflammation. Useful for some cancer patients especially when dealing with side effects of conventional medicines. Helps with respiratory issues.• Myco4 Functional blends: Immune Boost and Smooth Moves• Dispensary powders

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Research

myco4

Wu, 2019. Structure, bioactivities and applications of the polysaccharides from Tremella fuciformis mushroom: A review

Richter, 2021. White Fungus: Benefits, Uses, and What to Know

Yang et al. 2021. Study on the structure characterization and moisturizing effect of Tremella polysaccharide fermented from GCMCC5.39