

# Turkey Tail

*Coriolus versicolor*



## Medicinal Uses

Helps immune system fight against viruses and infections. Works alongside conventional cancer treatments. Improves gut biome and can lower cholesterol. Aids respiratory conditions. Makes great tea and feels like the gentle protector mushroom

## Also known as

*Trametes versicolor*, Many zoned polypore, Yun Zi

## Habitat & season

Grows along dead usually deciduous trees, branches and stumps. Prolific in winter, grows all year

## Identification features

Varies in colour, concentric rings with white edge and creamy white underside with smooth pores. Stemless, fan shaped and feels tough and slightly fluffy on the top

## Interesting

Turkey Tail is considered one of the safest medicinal mushrooms and has many clinical trials. It is tough but some people chew it like chewing gum

## Available in

- Used in personal blends especially for patients dealing with cancers, side effects of conventional medicines, respiratory issues, and protection
- Myco4 Functional blends: Immune Boost
- Powders, Tinctures & Tea

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## Research

Chang et al, 2017. Preclinical and clinical studies of *Coriolus versicolor* polysaccharopeptide as an immunotherapeutic in China

Yeung, 2020. Mushrooms and health: *Trametes versicolor* and its cancer-fighting potential

Kubala, 2023. 5 Immune-Boosting Benefits of Turkey Tail Mushroom