

AMAZZING

MUSHROOMS

A

Beginner's

GUIDE

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Beyond Mushrooms: An Introduction To Functional Fungi

Humans have used mushrooms for thousands of years. They are best known as a superb source of nutrition and are packed with protein, vitamins, and minerals. But mushrooms have a whole range of other benefits too.

Certain species contain complex carbohydrates called polysaccharides, which may significantly improve our health and wellbeing. Some varieties also contain unique compounds that could assist our bodies in surprising ways.

Nowadays, their popularity is spreading rapidly around the globe. More and more people are becoming aware of functional mushrooms and all they have to offer.

However, these fantastic fungi are not edible in the traditional sense. They are often woody and bitter, making them difficult to consume. That's why we have condensed the power of these amazing mushrooms to create our premium-grade capsules. They provide a hassle-free way to benefit from polysaccharides and more, without any of the unpleasant taste.

Some Of The Most Common Reasons People Choose To Take Functional Mushrooms Include:



Promoting Healthy Immune Function



Improving Overall Health



Supporting Brain Health, Memory, And Mental Function



Promoting Relaxation And Supporting Healthy Sleep Cycles



Enhancing Energy, Athletic Performance, And Recovery

Let's take a look at some of the most popular varieties and what makes them so special.

REISHI



Summary Of Reported Benefits:

- Antioxidant
- Promotes relaxation and sleep
- Supports immune function

Reishi is one of the best-known and best-studied functional mushrooms. It is among the most valued species in traditional East Asian medicine. Alongside its benefits for health, it is believed to hold great spiritual power and is often nicknamed “Mushroom of Immortality.”

Historically, reishi has been associated with longevity and maintaining youthful vitality. Modern research has suggested that it has antioxidant properties, which some say could help combat the signs of aging.

People also say that reishi has relaxing effects, and often use it to promote healthy sleep cycles. It is rich in triterpenes, which may have a range of benefits for the body and mind. They make this mushroom a perfect choice for those looking to unwind after a hectic day.

Finally, the polysaccharides in reishi make it potentially useful as an immunomodulator. This means that it could support immune function, while users report fewer issues like inflammation and allergies.

LION'S MANE

Summary Of Reported Benefits:

- Supports brain health
- Improves memory and focus
- Promotes mental clarity

Lion's mane is named for its shaggy appearance and is regarded as a gourmet mushroom, thanks to its delicious flavor. It also has a satisfying texture and is gaining popularity as a meat substitute.

This mushroom is also quickly becoming famous for its potential nootropic properties. Nootropics are substances that enhance mental function, including memory, motivation, attention, and creativity.

It contains unique compounds called hericenones and erinacines. These chemicals are thought to stimulate the production of nerve growth factors in the brain. Therefore, lion's mane is a great choice for anyone seeking a mushroom to support mental function and clarity.



TURKEY TAIL



Summary Of Reported Benefits:

- Promoting healthy immune function
- Improving overall health

Turkey tails grow abundantly throughout many parts of the world. They are named for their striking appearance, which features concentric rings and resembles, you guessed it, a turkey's tail.

These mushrooms are best known for their beneficial effects on the immune system. They contain active components called polysaccharopeptide (PSP) and polysaccharide krestin (PSK), which are believed to have immunomodulating effects.

Turkey tails are also rich in phenolic compounds, amino acids, vitamins, and fatty acids and have purported antioxidant properties. These features make turkey tails one of the best mushrooms for supporting immune function and maintaining general health.

CORDYCEPS

Summary Of Reported Benefits:

- Improving energy and reducing fatigue
- Enhancing athletic performance and recovery
- Promoting healthy immune function

Cordyceps is another mushroom that East Asian medicine holds in high regard. It has an unusual growth habit, taking over the bodies of insect larvae and turning them into a caterpillar-fungus hybrid.

It grows at high altitudes in the Himalayan foothills of Western China and Tibet, and its rarity has made it both prestigious and expensive. Due to overharvesting, it is now unusual to find wild cordyceps, and most commercial products come from cultivated varieties.

People use cordyceps for a variety of reasons. Like other mushrooms, it contains immune-enhancing polysaccharides. However, it is probably best-known for its influence on energy production, and many people use it to enhance athletic performance.

The main active compound in cordyceps is cordycepin. It has a similar chemical structure to adenosine, an important component of human cells. Cordyceps also contains phenolic compounds, amino acids, and numerous vitamins and minerals. This high concentration of nutrients makes cordyceps a wonderful choice for maintaining overall wellbeing and vitality.



CHAGA



Summary Of Reported Benefits:

- Promoting healthy immune function
- Improving overall health

Chaga is not technically a mushroom but a sclerotium. It is a mass of wood and fungal mycelium that forms on trees, usually birch. Its symbiotic relationship with these trees is responsible for chaga's main active compounds, betulin and betulinic acid. It also contains a unique triterpene called inotodiol.

Chaga has a long history in Siberian folk medicine, where it has been primarily used to support immunity and general wellbeing. Indeed, research has shown that this fungus could have potent immunomodulatory effects. It also has reported antioxidant properties, making it an excellent choice for day-to-day wellness.

HOW TO USE

FUNCTIONAL

MUSHROOMS

DECOCTION



Mushrooms Decoction

The most traditional way of consuming functional mushrooms is simmering them in water to make a concentrated tea called a decoction. However, this method is far from ideal for most busy modern lifestyles. Since many of them are hard and woody, it is necessary to cook these mushrooms for a long time to extract their active compounds. And the end result may not be to everyone's taste!

Depending on the mushroom type, making a decoction can take 40 minutes or more. After cooking, the mushrooms are strained out and the liquid is drunk. Its flavor can range from a subtle mushroomy taste to extremely bitter.

Mushrooms Tincture

Another option is to make a mushroom tincture. This process involves steeping the mushrooms in alcohol for several weeks and shaking them daily to extract their nutrients. Once again, this method is time consuming, although once the tincture is ready it is easy to use every day. People generally use mushroom tinctures by placing a few drops into a beverage or directly onto the tongue.



POWDER

TINCTURE



Mushrooms Powder

Fortunately, there are plenty of alternatives for those seeking a faster solution. Some companies offer mushroom powders that can be added to recipes such as smoothies, soups, or baked good

VIDACAP



VidaCap Mushrooms Capsules

But we believe that capsules are the easiest way to get a pre-measured amount of your favorite mushroom every day. All you have to do is swallow them with water as you would any other pill. No fuss, no hassle, just pure mushroom goodness! People who have difficulty swallowing the capsules can break them open and sprinkle the powder onto food.

Our capsules contain 750mg of organic mushroom powder, making them among the strongest on the market right now. You can take them at any time of day, although some varieties may be better suited to certain times. For example, you might choose to take cordyceps in the morning for an energy boost and calming reishi in the evening. We recommend experimenting and finding what works best for you.

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