

MYCO HERB

FULL LINE OF NUTRITIVE MUSHROOMS



REFERENCE GUIDE

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ABOUT MYCOHERB

MycoHerb is a full line of nutritive mushrooms, with 15 formulas: nine single mushroom formulas and six complex mushroom formulas. Most other mushroom products use ordinary strains of dried mushrooms grown in sawdust. Greater care is taken in the MycoHerb process in which superior strains are cultivated over many years and extracted with advanced technology. For more than three decades, MycoHerb has produced superior concentrates; only the most vigorous strains of select fungi are used.

SINGLE MUSHROOM FORMULAS

CHAGA

PHARMACEUTICAL NAME

Inonotus obliquus

COMMON NAMES

Birch Mushroom, Clinker Polypore

THERMAL DYNAMIC

Neutral

PROPERTIES

- Strengthens the Mind and Spirit (*Shen*)
- Regulates Qi
- Supports healthy organs and glands
- Expels Wind
- Supports healthy appetite
- Supports the immune system

Folklore of a northwestern Russian province tells of a fungus on birch trees. This mushroom, Chaga, had been collected for its remarkable properties since the 17th century. Chaga tonifies the Stomach, Colon and Liver and supports vitality. Chaga is a member of the mushroom family *Polyporaceae*, the woody conks.



CORDYCEPS

PHARMACEUTICAL NAME

Cordyceps sinensis

COMMON NAMES

Cordyceps, Caterpillar Fungus

THERMAL DYNAMIC

Neutral to slightly warm

PROPERTIES

- Replenishes Kidney Yin and consolidates Essence (*Jing*)
- Tonifies Kidney Yang (*Ming Huo* — Life Fire)
- Tonifies the Lung and augments Lung Yin
- Transforms Phlegm
- Respiratory tonic
- Supports healthy blood circulation
- Supports healthy cholesterol levels
- Supports the immune system

Cordyceps sinensis has been used in China for more than a thousand years. It is recognized as one of China's herbal treasures, a tonic used to support the body's source of vital energy, stamina, and the immune system. Its Chinese name, *Dong chong xia cao*, literally means "summer grass, winter worm," since, in the wild, Cordyceps grows in the Himalayas from moth larvae. Because Cordyceps' life cycle peaks in both the winter and summer, it is considered to have the unique property of balancing the primal powers of Water and Fire in the body, nourishing Yin and Yang, soma and psyche. Owing to its scarcity in the wild and increasing demand, methods of cultivating the mycelia on grains were developed in the 1980's.



CORIOLUS

PHARMACEUTICAL NAMES

Trametes versicolor, Coriolus versicolor

COMMON NAME

Turkey Tail

THERMAL DYNAMIC

Slightly warm

PROPERTIES

- Disperses Dampness
- Transforms Phlegm
- Clears Heat
- Supports the immune system
- Liver and Kidney tonic
- Supports a healthy muscular system

The use of Coriolus has been referenced in Traditional Chinese Herbology as early as the 15th century. *The Chinese Compendium of Materia Medica* from the Ming Dynasty records that Coriolus "...benefits one's spirit and vital energy and strengthens one's tendon and bone. If Coriolus (*Yun zhi*) is taken for a long time, it will make one vigorous and live long." Today, Coriolus is the most widely-used product in China and Japan. It is known as a general tonic for the immune system, supporting healthy Liver function.

HIMEMATSUTAKE

PHARMACEUTICAL NAMES

Agaricus blazei, Agaricus Brasiliensis

COMMON NAMES

Royal Sun Agaricus, King Agaricus, Mushroom of God, Sun Mushroom, Mushroom of Life

THERMAL DYNAMIC

Neutral

PROPERTIES

- Protects the Exterior
- Tonifies the Wei Qi
- Nourishes Yin
- Regulates Liver Qi
- Nourishes Heart Blood
- Supports healthy blood pressure
- Supports healthy blood sugar levels
- Supports the immune system
- Supports healthy cholesterol levels
- Supports "Natural Killer" cell production

Named Himematsutake in Japan, *Agaricus blazei* is actually a mushroom that originated in Brazil, thriving in the sultry and humid suburbs of São Paulo. Forty years ago, the

herbal properties of Himematsutake were known only to the inhabitants of a small village in Brazil who experienced unusually good health. The residents of the region had long savored Himematsutake as a part of their diet, honoring it with names such as "Mushroom of God," "Sun Mushroom" and "Mushroom of Life." In the decades since its discovery, research has confirmed Himematsutake's health potential, particularly its immuno-modulating properties.

MAITAKE

PHARMACEUTICAL NAMES

Sclerotium grifola frondosa, Polyporus frondosa

COMMON NAMES

Hen of the Woods, Cloud Mushroom, Sheep's Head, Dancing Mushroom

THERMAL DYNAMIC

Neutral

PROPERTIES

- Regulates the Stomach and Intestines
- Supports a healthy Liver and Heart
- Tonifies Qi and Blood
- Eliminates food stagnation
- Calms Shen
- Clears Heat
- Roots the Yang
- Supports healthy blood sugar levels
- Supports the immune system
- Supports healthy blood pressure, supports healthy cholesterol levels
- Supports healthy weight

Maitake is a delicious, edible mushroom known by the Japanese as the "dancing mushroom" and the "envy of epicures." As a food supplement or health food, it is used similarly to Shiitake. Many Japanese practitioners use Maitake to support healthy blood pressure levels, healthy blood lipids, healthy blood sugar levels and a healthy weight. Numerous scientific articles report beneficial effects of Maitake and its antioxidant properties. Maitake can be used on a daily basis as a nutritional supplement to support healthy metabolism and support a strong immune system.

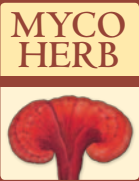


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PORIA

PHARMACEUTICAL NAMES

Poria cocos, Wolfiporia cocos

COMMON NAMES

Indian Bread, Tuckahoe, China Root, Hoelen

THERMAL DYNAMIC

Neutral

PROPERTIES

- Strengthens the Spleen and Stomach
- Tonifies Qi
- Disperses and leaches Dampness
- Transforms Phlegm
- Expels Heat
- Calms the Heart and soothes the Spirit
- Unblocks the orifices
- Facilitates the water pathways, eases scanty urination due to Damp Heat, supports healthy urination
- Supports the immune system
- Supports healthy blood sugar levels

Poria, which grows on the moist underground roots of pine trees, is one of the most frequently used Chinese herbs. It is traditionally cooked in nutritive tonic soups for the young, weak or elderly. Poria is valued because it is easy to assimilate, supports the body in shedding surplus fluid and aids digestion.

REISHI

PHARMACEUTICAL NAMES

Sclerotium ganodermae, Ganoderma lucidum

COMMON NAMES

Mushroom of Immortality, Spirit Plant, Ten-Thousand-Year Mushroom, Varnish Conk, Ganodenna

THERMAL DYNAMIC

Neutral to slightly warm

PROPERTIES

- Tonifies the Blood and Qi
- Disperses Phlegm
- Opens up Lungs
- Strengthens all five viscera, especially the Liver and Heart
- Soothes and elevates the Spirit
- Kidney, Liver and Heart tonic
- Supports the immune system
- Neurological and psychological support
- Supports a healthy Liver
- Antioxidant
- Digestive support
- Respiratory tonic

Reishi is revered as one of the preeminent tonic herbs. Appearing in ancient texts more than 1,500 years ago, Reishi was considered the “Mushroom of Immortality” and the “Great Protector.” These names reveal the high respect given this mushroom, which grows on the decaying stumps of broad-leaf trees or old plum trees. Reishi is considered to be of the highest class of tonics, and is used on a daily basis to support healthy aging, maintain overall resistance and promote mental tranquility and physical vitality. Numerous modern research studies have illustrated Reishi’s ability to support the immune system.

SHIITAKE

PHARMACEUTICAL NAME

Lentinula edodes

COMMON NAMES

Flower Mushroom, Winter Mushroom, Chinese Black Mushroom, Golden Oak Mushroom, Emperor’s Mushroom

THERMAL DYNAMIC

Neutral

PROPERTIES

- Tonifies the Stomach and Intestines
- Tonifies the Kidney
- Supplements *Wei*, Qi, and Blood
- Tonifies Qi and Yang
- Supports healthy blood sugar levels
- Invigorates the Blood
- Supports healthy cholesterol levels
- Supports the immune system
- Supports healthy Liver function

Shiitake is a common source of protein in Asia. Traditionally, it was included in stews and soups, to promote overall resistance. Shiitake can be used to support healthy lipid metabolism and digestion and support immunity and physical strength.



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TREMELLA

PHARMACEUTICAL NAME

Tremella fuciformis

COMMO'N NAMES

Snow Fungus, White Wood Ear, Silver Ear Mushroom, White Jelly Leaf Mushroom, Trembling Fungus

THERMAL DYNAMIC

Neutral

PROPERTIES

- Supplements Moisture and generates fluid
- Supplements Qi and harmonizes Blood
- Fortifies the Kidney and replenishes Essence
- Supports healthy Heart functions
- Invigorates and nourishes Blood
- Nourishes Stomach Yin
- Enriches Lung Yin
- Nourishes Yin
- Supports healthy Blood sugar levels
- Lubricates the Intestines
- Nourishes the Brain
- Opens up the Lungs
- Cools Lung Heat
- Supports the immune system
- Respiratory tonic
- Skin and beauty tonic
- Supports secretion of saliva

Tremella, or "Snow Fungus," is a white, nearly translucent "trembling" fungus that grows on a great variety of trees throughout Asia and in warmer climates worldwide. The mushroom gets the common name of "White Wood Ear" for the way it looks on the decaying logs on which it grows. Chinese and Japanese herbalists have used Tremella for more than 2,000 years. Tremella may be used on a daily basis as a nutritive supplement, a restorative tonic and to support a healthy respiratory system. Research has shown that Tremella's radical-scavenging ability is pronounced to such a degree that one study by the *International Journal of Molecular Science* concluded that it is a "natural resource of antioxidants."

COMPLEX MUSHROOM FORMULAS

FU ZHENG SUPPORT

INGREDIENTS/PHARMACEUTICAL NAMES

Coriolus versicolor, *Ganoderma lucidum*, *Cordyceps sinensis*, *Flammulina velutipes*, *Acanthopanax senticosi*, *Acanthopanax gracilistylus*, *Astragalus membranaceus*

COMMON NAMES

Coriolus: Turkey Tail, Reishi: Mushroom of Immortality, Cordyceps, Flammulina, Eleuthero root and rhizome, Astragalus root

THERMAL DYNAMIC

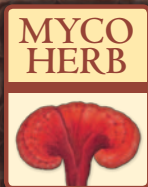
Slightly warm

PROPERTIES

- Tonifies the Kidney, Spleen, Stomach, Liver, Lung and Heart
- Harmonizes the *Ying* and *Wei* (Nutritive and Defensive Qi)
- Tonifies the Four Substances: Qi, Blood, Yin and Yang
- Supports fluid metabolism
- Regulates Qi, invigorates Blood
- Nourishes Essence
- Clears Heat
- Dispels Dampness, resolves Phlegm
- Soothes the Spirit
- Immunomodulator
- Antioxidant
- Adaptogen
- Supports healthy sinews and bones
- Supports the immune system

"Fu Zheng" translates in Chinese as "to restore normalcy and balance to the body," or "to strengthen what is correct." It is designed to support the immune system. Each of the herbs in Fu Zheng Support are known for their individual restorative effects. Coriolus is a strong tonic for the immune system, Reishi supports tranquility and overall vitality and Cordyceps augments the body's vital energy. Flammulina, or Enoki, and Astragalus root support the immune system and Eleuthero root and rhizome regulates fluids. Fu Zheng Support creates a powerful combination for supporting vital energy and immunity.





MYCO FORTE

INGREDIENTS/PHARMACEUTICAL NAMES

Cordyceps sinensis, Tremella fuciformis, Grifola frondosa, Ganoderma lucidum, Lentinula edodes

COMMON NAMES

Cordyceps, Tremella: Silver Ear Mushroom, Maitake: Hen of the Woods, Reishi: Mushroom of Immortality, Shiitake: Flower Mushroom

THERMAL DYNAMIC

Neutral to slightly warm

PROPERTIES

- Replenishes Yin/moisture of the Lung
- Tonifies the Kidneys, replenishes Essence and restores Kidney Yang
- Nourishes the Brain
- Opens up the Lungs
- Disperses Phlegm
- Soothes and elevates the Spirit
- Eliminates food stagnation
- Supplements the *Wei*, Qi and Blood and does not generate excess Heat or Damp
- Tonifies the Intestines and all five viscera

Myco Forte is a five-fungi blend of some of the most nutrient-rich mushrooms. They contain active ingredients such as polysaccharides and Beta-glucans, all immune system enhancers. They are especially effective for disharmonies resulting from stress and fatigue, as stress and exhaustion affect every organ system. Collectively, Myco Forte is a fungi "Super Formula," combining some of the most popular and sought-after nutritive mushrooms all in one preparation.

MYCO PROTECT

INGREDIENTS/PHARMACEUTICAL NAMES

Grifola frondosa, Lentinula edodes

COMMON NAMES

Maitake: Hen of the Woods, Shiitake: Flower Mushroom

THERMAL DYNAMIC

Neutral to slightly cool

PROPERTIES

- Supplements Blood and Qi (*Ying* and *Wei*)
- Regulates Qi
- Invigorates Blood
- Clears Heat
- Regulates the Stomach and Intestines
- Tonifies the Kidneys, Liver and Heart
- Roots Kidney Yang, nourishes Kidney *Jing*
- Calms the *Shen*
- Soothes and calms the Liver

Myco Protect combines two of the most popular mushrooms, Shiitake and Maitake. Both are commonly used for maintaining cardiovascular health and in supporting a healthy weight. Together, they synergistically support the immune system and protect healthy cells from succumbing to everyday environmental assaults.

PERFORMA FORTE

INGREDIENTS/PHARMACEUTICAL NAMES

Cordyceps sinensis, Eleutherococcus senticosus, Atractylodes rhizome, Polygonatum odorati, Panax notoginseng, Paeonia lactiflora, Schizandra chinensis

COMMON NAMES

Cordyceps, Eleuthero, Atractylodes Rhizome, Solomon's Seal Rhizome, Pseudoginseng Root, White Peony Root, Schisandra Fruit

THERMAL DYNAMIC

Slightly warm

PROPERTIES

- Tonifies Qi, Blood, Yin and Yang
- Harmonizes *Ying* and *Wei*
- Dries Dampness
- Extinguishes Wind
- Lung and Kidney tonic
- Qi tonic
- Supports the immune system
- Clears Blood stasis
- Supports a healthy liver
- Supports a healthy nervous system
- Supports healthy blood sugar levels
- Supports stamina and recovery

Performa Forte combines cultivated nutritional fungi with selected Chinese botanicals for the purpose of supporting physical performance, endurance and recovery after intense or prolonged exercise, work or environmental stress.





REISHI FORTE

INGREDIENTS/PHARMACEUTICAL NAMES

Ganoderma lucidum, Lentinula edodes

COMMON NAMES

Reishi: Mushroom of Immortality, Shiitake: Flower Mushroom

THERMAL DYNAMIC

Neutral to slightly warm

PROPERTIES

- Tonifies the Blood, Qi, and Wei
- Disperses Phlegm and opens up the Lungs
- Tonifies the Kidney, Liver, Heart, Stomach and Intestines
- Nourishes the Heart and Blood
- Soothes and calms the Liver
- Settles the Spirit and nourishes the Brain
- Regulates Qi
- Clears Heat
- Supports the immune system
- Supports healthy cholesterol levels

Reishi Forte is a formulation of two of the most valued and validated nutritive mushrooms: Reishi and Shiitake. Both have a long history of use, and work especially well together. Reishi Forte can be used on a daily basis to support mental tranquility, physical strength and vitality and to support healthy lipid metabolism. Research has shown that combining these two mushrooms is effective for maintaining overall good health. Reishi Forte acts as a Blood, Qi and immune booster and helps support healthy platelets, red and white blood cells and bone marrow.

TRI FORTE

INGREDIENTS/PHARMACEUTICAL NAMES

Cordyceps, Sclerotium ganoderma, Lentinula

COMMON NAMES

Cordyceps: Caterpillar Fungus, Reishi: Mushroom of Immortality, Shiitake: Flower Mushroom

THERMAL DYNAMIC

Neutral to slightly warm

PROPERTIES

- Tonifies the Blood, Qi and Wei
- Transforms Phlegm
- Tonifies the Lung, Liver and Heart
- Replenishes Kidney Yin and restores Kidney Yang
- Supports healthy bones
- Clears Heat
- Elevates the Spirit and nourishes the Brain
- Tonifies the Kidney, Liver, Heart, Stomach and Intestines
- Soothes and calms the Liver
- Regulates Qi
- Supports the immune system

Tri Forte combines three powerful nutritive mushrooms into an extraordinary formula intended to support optimum health and vitality, and promote the overall strength of one's constitution. It supports many organs and organ systems, including the Lung, Liver, Heart and Kidney, and nourishes and regulates Qi, Blood, Yin and Yang, without concern for increased Dampness or accumulation of Heat. Tri Forte can be used on a daily basis as a tonic to promote health, support healthy lipid metabolism, digestion and overall immunity.



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