

# NORDIC LION'S MANE

## Freeze Dried EXTRACT POWDER

### Product Information

<b>Description:</b>	Extract powder made from 100% Lion's Mane ( <i>Hericium erinaceus</i> ) fruiting bodies.
<b>Country of Origin:</b>	Finland
<b>Product Code:</b>	HEP-O-FD
<b>Certifications:</b>	EU/USDA certified organic
<b>Extraction:</b>	Made bioavailable through Ultrasonic Assisted Extraction
<b>Compounds of Interest:</b>	NLT 28% <i>Beta-glucans</i>
<b>Moisture Ratio:</b>	8-10%
<b>Particle size:</b>	powder

### Materials used

<b>Mushroom:</b>	Lion's Mane fruiting bodies Botanical: <i>Hericium erinaceus</i> <b>Only mushroom fruiting bodies used</b>
<b>Extraction solvents:</b>	Water
<b>Origin of raw materials:</b>	Lion's Mane: Netherlands Purified water: Finland

### Processing & Extraction

<b>Processing of mushrooms:</b>	Drying Lion's Mane fruiting bodies, grinding, Ultrasonic Assisted Extraction, filtering, freeze dried, 3rd party lab testing
<b>Ultrasonic Assisted Extraction:</b>	Through ultrasonication, the mushroom (chitin) cell walls are broken in order to increase bioavailability of compounds. Ultrasonic assisted water and alcohol extraction guarantees that our mushroom extracts have the full spectrum of bioactive compounds. <sup>1</sup>
<b>Manufacturing location:</b>	Finland, KÄÄPÄ Headquarters

### Certificates

<b>Organic certifying body:</b>	Finnish Food Authority & USDA
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## Quality Control

### Microbiological range:

Total count of colony forming units (CFU)	< 1 x 10 <sup>4</sup> (CFU/g)
Molds and Yeasts	< 1 x 10 <sup>3</sup> (CFU/g)
E.Coli	< 100 cfu/g
Salmonella	Not Detected

### Heavy metal range:

Arsenic	< 1.0 ppm
Cadmium	< 2.0 ppm
Mercury	< 0.1 ppm
Lead	< 1.0 ppm

### Analytical values:

Batch specific microbiological and heavy metal analysis provided upon request.

## Overview of Lion's Mane

**Lion's Mane (*Hericum erinaceus*) is the ultimate brain food.** Lion's Mane contains compounds (hericenones and erinacines) that make Lion's Mane an effective brain health supporter. These compounds help with the development and growth of nerves due to their neurotrophic factors.<sup>2 3 4</sup>

**Lion's mane has also been used in improving gut health,** and has been shown to have gastrointestinal benefits.<sup>5 6</sup>

## Compounds of Interest

### Beta-Glucans

Assay: NLT 28%

### Bioavailable Compounds

- Hericenones
- $\beta$ -(1,3)-(1,6)-D-glucans

### Potential benefits

- Increase Nerve Growth Factor (NGF)
- Has neuroprotective benefits
- Gastroprotective Effects