LIONS MANE

Lion's mane (Hericium erinaceus) is a mushroom that grows on trunks of dead hardwood trees such as oak. It has a long history of use in East Asian medicine.

Lion's mane is a type of

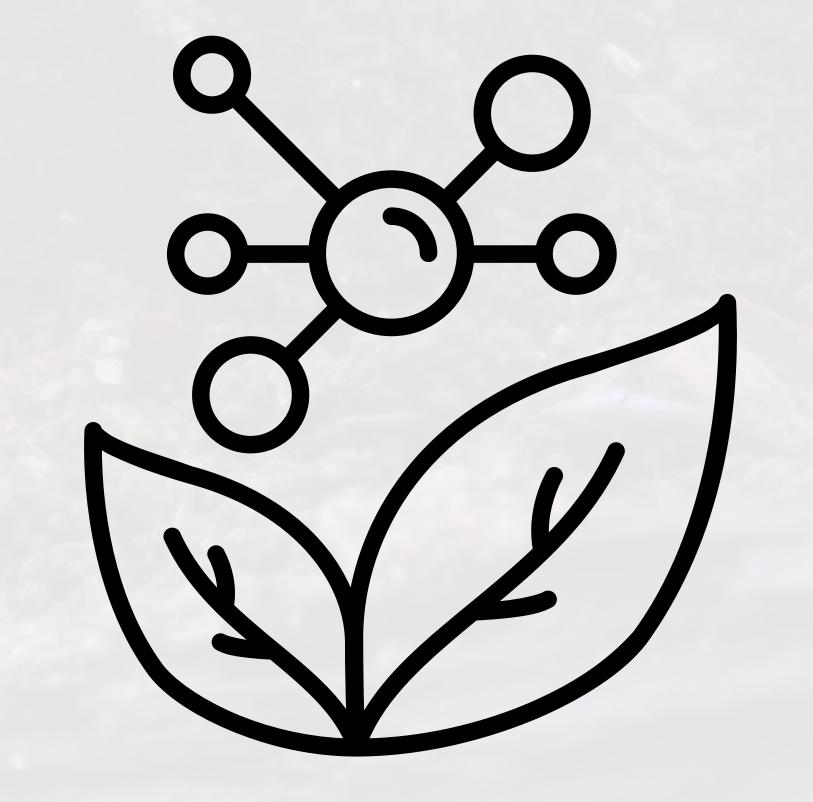
mushroom that is known for its ability to support brain function and improve cognitive health.





It is also known to have antiinflammatory properties that can help reduce inflammation in the body

Lion's mane is also a great source of antioxidants, which can help protect the body from free radical damage.





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