



# 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 anti-inflammatory 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.

