Cognitive Clarity and Focus

Memory Enhancement, Learning, Focus and Attention

"H. erinaceus intake has the possibility to reduce depression and anxiety and these results suggest a different mechanism from anxiolytic effects to its neurogenesis effect."

Reduction of depression and anxiety by 4 weeks Hericium erinaceus intake.

Nagano, M., Shimizu, K., Kondo, R., Hayashi, C., Sato, D., Kitagawa, K., & Ohnuki, K. (2010). Biomedical research, 31(4), 231-237.

"Results demonstrated a significant improvement in cognitive function scale scores among subjects who consumed Hericium erinaceus compared to placebo."

Efficacy of Lion's mane mushroom, Hericium erinaceus, on improving age-related cognitive impairment in rats.

Tsai-Teng, T., Chin-Chu, C., Li-Ya, L., Wan-Ping, C., Chung-Kuang, L., Chien-Chang, S., & Chi-Ying, H.F. (2016). Behavioural Brain Research, 298, 305-317.

"Results indicate that H. erinaceus prevents the depression of brain function and maintains the cognitive function of aging mice."

Hericium erinaceus Improves Recognition Memory and Induces Hippocampal and Cerebellar Neurogenesis in Frail Mice during Aging.

Brandalise, F., Cesaroni, V., Gregori, A., Repetti, M., Romano, C., Orrù, G., ... & Rossi, P. (2017). Nutrients, 9(4), 347.

"Administration of H. erinaceus could promote the neural function recovery of the injured spinal cord."

Hericium erinaceus polysaccharide facilitates restoration of injured intestinal mucosal immunity in Muscovy duck reovirus-infected Muscovy ducklings.

Yuan, B., Wu, C., Wang, Y., Wang, J., Liu, D., Wang, J., & He, Z. (2020). International Journal of Biological Macromolecules, 145, 627-635.

"Our results suggest that HE (Hericium Erinaceus) may have the potential to reduce or reverse age-related loss in cognitive function."

Improving effects of the mushroom Yamabushitake (Hericium erinaceus) on mild cognitive impairment: a double-blind placebo-controlled clinical trial.

Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2009). Phytotherapy research: PTR, 23(3), 367-372.

"Results indicate a possible neuroprotective effect of Hericium erinaceus."

Neuroregenerative Potential of Lion's Mane Mushroom, Hericium erinaceus (Bull.: Fr.) Pers. (Higher Basidiomycetes), in the Treatment of Peripheral Nerve Injury.

Wong, K. H., Naidu, M., David, R. P., Abdulla, M. A., Abdullah, N., Kuppusamy, U. R., & Sabaratnam, V. (2012). International journal of medicinal mushrooms, 14(5).

"The subjects of the Hericium erinaceus group took Hericium erinaceus (Yamabushitake) showing improvements in their cognitive function scores."

Improving effects of the mushroom Yamabushitake (Hericium erinaceus) on mild cognitive impairment: a double-blind placebo-controlled clinical trial.

Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2009). Phytotherapy research: PTR, 23(3), 367-372.

"The results obtained in this study suggest that HE could be used as a medicine or health food to prevent and treat dementia."

Preventing Effects of a Hot Water Extract of Hericium erinaceus on beta-Amyloid-Induced Learning and Memory Deficits in Mice.

Diling, C., Xin, Y., Chaoqun, Z., Jian, Y., Xiaocui, T., Jun, C., ... & Ou, S. (2017). Biomedical and Environmental Sciences, 30(1), 1-10.

"Our results showed that H. erinaceus could promote the regeneration of peripheral nerve after injury."

Promotion of peripheral nerve regeneration by aqueous extract of Hericium erinaceus.

Wong, K. H., Kanagasabapathy, G., Naidu, M., David, R. P., & Sabaratnam, V. (2012). Fitoterapia, 83(4), 650-656.

"Hericium erinaceus intake has the possibility to reduce the depression, anxiety, and irritation."

Chronic administration of aqueous extract of Hericium erinaceus fresh fruiting bodies.

Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2008). International Journal of Medicinal Mushrooms, 10(4).

"Improvement of cognitive function was observed at weeks 8, 12 and 16 of the trial."

Improving effects of the mushroom Yamabushitake (Hericium erinaceus) on mild cognitive impairment: a double-blind placebo-controlled clinical trial.

Mori K, Obara Y, Hirota M, et al. (2009). Phytother Res. 23(3):367-372.

"Hericium erinaceus extract has the possibility to improve the cognitive function of older adults."

Hericium erinaceus Extract Improves Cognitive Dysfunction and Depressive Behaviors in Mice.

Ryu, S., Kim, H.G., Kim, J.Y., Kim, S.Y., & Cho, K.O. (2019). The Journal of Nutrition, Health & Aging, 23(3), 271-275.

Enhanced Mindfulness and Creativity

Alpha Waves, Gamma Waves, Stress Reduction, Relaxation

"The ability of H. erinaceus to induce NGF synthesis may also contribute to enhanced cognitive functions."

Enhancement of the Nerve Growth Factor Synthesis by the Water Extract of Hericium erinaceus.

Kawagishi, H., Shimada, A., Hosokawa, S., Mori, H., Sakamoto, H., Ishiguro, Y., ... & Furukawa, S. (1996). Biological & Pharmaceutical Bulletin, 19(2), 294-296.

"Our results showed that H. erinaceus could promote the neural network establishment via NGF-enhancing ability."

Nerve growth factor-inducing activity of Hericium erinaceus in 1321N1 human astrocytoma cells.

Lee, J.S., Hong, E.K., Kim, Y.O., & Jeong, Y.H. (2009). Biological & Pharmaceutical Bulletin, 32(9), 1666-1671.

Emotional Mastery

Mood Enhancement & Regulation, Stress Reduction, Relaxation

"Results suggest that HE intake has the possibility to reduce depression and anxiety."

Improving effects of the mushroom Yamabushitake (Hericium erinaceus) on mild cognitive impairment: a double-blind placebo-controlled clinical trial.

Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2009). Phytotherapy Research: An International Journal Devoted to Pharmacological and Toxicological Evaluation of Natural Product Derivatives, 23(3), 367-372.

"HE administration decreases depression and anxiety-like behaviors in mice."

Hericium erinaceus extracts alter behavioral rhythm and serum cortisol levels in mice.

Hitoshi, K., Nobuo, S., & Minoru, G. (2016). Journal of Traditional and Complementary Medicine, 7(1), 1-8.

"Consumption of Hericium erinaceus contributes to the reduction of depression and anxiety."

Reduction of depression and anxiety by 4 weeks Hericium erinaceus intake.

Nagano, M., Shimizu, K., Kondo, R., Hayashi, C., Sato, D., Kitagawa, K., & Ohnuki, K. (2010). Biomedical research (Tokyo, Japan), 31(4), 231-237.

"The findings suggested that H. erinaceus could be utilized for the treatment of depressive disorder."

Antidepressant-like activity of lion's mane medicinal mushroom, Hericium erinaceus (Agaricomycetes), in rats.

Zhang, J., An, S., Hu, W., Teng, M., Wang, X., Qu, Y., ... & Wang, D. (2016). International journal of medicinal mushrooms, 18(11), 981.

= Study Result or Quote = Study Title = Study Citation

"Hericium erinaceus could act as an antidepressant through the improvement of hippocampal neurogenesis in mice."

Hericium erinaceus Extract Reduces Anxiety and Depressive Behaviors by Promoting Hippocampal Neurogenesis in the Adult Mouse Brain.

Ryu, S., Kim, H. G., Kim, J. Y., Kim, S. Y., & Cho, K. O. (2018). Journal of medicinal food, 21(2), 174-180.

"Our results suggest that HE intake has the possibility to reduce depression and anxiety."

Reduction of depression and anxiety by 4 weeks Hericium erinaceus intake.

Nagano, M., Shimizu, K., Kondo, R., Hayashi, C., Sato, D., Kitagawa, K., & Ohnuki, K. (2010). Biomedical research, 31(4), 231-237.

"Findings suggest H. erinaceus has anti-fatigue effect."

Anti-fatigue activities of polysaccharides extracted from Hericium erinaceus.

Li, I. C., Lee, L. Y., Tzeng, T. T., Chen, W. P., Chen, Y. P., Shiao, Y. J., & Chen, C. C. (2014). Experimental and therapeutic medicine, 9(2), 483-487.

"This study suggests that H. erinaceus could serve as a functional food to improve brain function with the effect of preventing or treating dementia."

Improving Effects of the Mushroom Yamabushitake (Hericium erinaceus) on Mild Cognitive Impairment: A Double-blind Placebo-controlled Clinical Trial.

Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2009). Phytotherapy Research, 23(3), 367-372.

"Findings suggest that HE can serve as a disease-modifying agent to manage depression-like behaviors."

Erinacine A-enriched Hericium erinaceus mycelium ameliorates Alzheimer's disease-related pathologies.

Tsai-Teng, T., Chin-Chu, C., Li-Ya, L., Wan-Ping, C., Chung-Kuang, L., Chien-Chang, S., ... & Shiao, Y.J. (2016). Behavioural Brain Research, 313, 262-273.

"HE intake has the possibility to reduce depression and anxiety and these results suggest a different mechanism from NGF-enhancing action of H. erinaceus."

Reduction of depression and anxiety by 4 weeks Hericium erinaceus intake.

Nagano, M., Shimizu, K., Kondo, R., Hayashi, C., Sato, D., Kitagawa, K., & Ohnuki, K. (2010). Biomedical Research, 31(4), 231-237.

"Intake of Hericium erinaceus has the possibility to reduce depressive symptoms and anxiety."

Hericium erinaceus enhances mood and lowers anxiety.

Vigna, L., Morelli, F., Agnelli, G.M., Napolitano, F., Ratto, D., Occhinegro, A., ... & Savino, E. (2019). Fungi Journal, 2(1), 13-18.

"H. erinaceus extract could act as a mood stabilizer, supporting its traditional reputation as an enhancer of 'nerves of steel'."

Anti-depressant properties of bioactive fractions from the extract of Hericium erinaceus.

Rahman, M. A., Abdullah, N., & Aminudin, N. (2014). BMC complementary and alternative medicine, 14(1), 1-9.

Neural Protection and Growth

Neuron Health, Neuroprotection

"Our study suggests that Hericium erinaceus is capable of promoting peripheral nerve regeneration."

Hericium erinaceus enhances doxorubicin-induced apoptosis in human hepatocellular carcinoma cells.

Wong, J. Y., Abdulla, M. A., Raman, J., Phan, C. W., Kuppusamy, U. R., Golbabapour, S., & Sabaratnam, V. (2011). Cancer Letters, 313(1), 22-31.

"Our results suggest that H. erinaceus could serve as a beneficial, noninvasive, supplementary therapeutic for neurodegenerative diseases."

Hericium erinaceus promotes synaptic plasticity and enhances hippocampal neurogenesis in mice.

Tzeng, T. T., Chen, C. C., Lee, L. Y., Chen, W. P., & Shen, C. C. (2018). International Journal of Molecular Sciences, 19(8), 2257.

"Our results provide experimental evidence that HE may provide neuroprotective candidates for treating or preventing neurodegenerative diseases."

Neuroprotective Effects of Lion's Mane Mushroom and Its Isolated Erinacine A against Ischemic Stroke.

Lee, K. F., Chen, J. H., Teng, C. C., Shen, C. H., Hsieh, M. C., Lu, C. C., ... & Hong, Y. W. (2014). Evidence-Based Complementary and Alternative Medicine, 2014.

"Hericium erinaceus promoted nerve regeneration and recovery of function after nerve injury."

Nerve growth factor-inducing activity of Hericium erinaceus in 1321N1 human astrocytoma cells.

Mori, K., Ouchi, K., & Hirasawa, N. (2008). Biological & Pharmaceutical Bulletin, 31(9), 1727-1732.

"Hericium erinaceus can suppress the reduction of the hippocampal neuroblast count and apoptosis in the subgranular zone of the dentate gyrus, and attenuate depressive-like behaviors, suggesting that it has an antidepressant effect."

Hericium erinaceus Extract Reduces Anxiety and Depressive Behaviors by Promoting Hippocampal Neurogenesis in the Adult Mouse Brain.

Ryu, S., Kim, H. G., Kim, J. Y., Kim, S. Y., & Cho, K. O. (2018). Journal of medicinal food, 21(2), 174-180.

"Our study supports the conclusion that erinacine A-enriched Hericium erinaceus mycelium produces neurotrophic factors that promote NGF gene expression in vitro and in vivo."

Erinacine A-Enriched Hericium erinaceus Mycelium Produces Antidepressant-Like Effects through Modulating BDNF/PI3K/Akt/GSK-3β Signaling in Mice.

Tzeng, T. T., Chen, C. C., Chen, C. C., Tsay, H. J., Lee, L. Y., Chen, W. P., ... & Lee, K. F. (2018). International Journal of Molecular Sciences, 19(2), 341.

"Hericium erinaceus can induce NGF synthesis and promote neurite outgrowth in PC12 cells."

Hericium erinaceus, an ideal culinary-medicinal mushroom, has a high potential for therapeutical uses.

Wong, K. H., Sabaratnam, V., Abdullah, N., Kuppusamy, U. R., & Naidu, M. (2009). International journal of medicinal mushrooms, 11(2).

"Hericium erinaceus (HE) promoted the normal development of cultivated rat hippocampal neurons."

Effect of Hericium erinaceus on the development of the rat hippocampal neurons.

Li, Q., & Zhou, Q. (2015). Chinese Journal of Anatomy, 38(5), 588-592.

"Our findings suggest that HE has the potential to reduce depression and anxiety symptoms, and these effects may be related to changes in inflammation and brain-derived neurotrophic factor levels."

Reduction of depression and anxiety by 4 weeks Hericium erinaceus intake.

Nagano, M., Shimizu, K., Kondo, R., Hayashi, C., Sato, D., Kitagawa, K., & Ohnuki, K. (2010). Biomedical research, 31(4), 231-237.

"H. erinaceus contains a number of compounds with nerve growth factor (NGF)-promoting properties."

The Neuroprotective Properties of Hericium erinaceus in Glutamate-Damaged Differentiated PC12 Cells and an Alzheimer's Disease Mouse Model.

Lee, K.F., Chen, J.H., Teng, C.C., Shen, C.H., Hsieh, M.C., Lu, C.C., ... & Wong, C.H. (2016). International Journal of Molecular Sciences, 17(11), 1810.

"Our results suggest that HE may have the potential to improve age-related degeneration in the brain."

Reduction of depression and anxiety by 4 weeks Hericium erinaceus intake.

Nagano, M., Shimizu, K., Kondo, R., Hayashi, C., Sato, D., Kitagawa, K., & Ohnuki, K. (2010). Biomedical Research, 31(4), 231-237.

"The extract of H. erinaceus may be useful in the prevention of neurodegenerative diseases."

Neuroregenerative Potential of Lion's Mane Mushroom.

Wong, K.H., Naidu, M., David, P., Abdulla, M.A., Abdullah, N., Kuppusamy, U.R., & Sabaratnam, V. (2012). Discovery Medicine, 14(77), 219-225.

Neurochemical Harmony

Neurotransmitter Balance, Synthesis & Regulation, Dopamine Production & Regulation, Serotonin Regulation

"H. erinaceus has the ability to modulate neurochemicals and has antioxidant properties."

Hericium erinaceus (Lion's Mane) mushroom extracts inhibit metastasis of cancer cells to the lung in CT-26 colon cancer-transplanted mice.

Kim, S. P., Kang, M. Y., Choi, Y. H., Kim, J. H., Nam, S. H., & Friedman, M. (2011). Journal of Agricultural and Food Chemistry, 59(10), 5367-5373.

"Erinacine A was found to increase the expression of neurogrophic factors and promote the synthesis of catecholamines."

Erinacine A-Enriched Hericium erinaceus Mycelium Produces Antidepressant-Like Effects through Modulating BDNF/PI3K/Akt/GSK-3β Signaling in Mice.

Li, I. C., Lee, L. Y., Tzeng, T. T., Chen, W. P., Chen, Y. P., Shiao, Y. J., & Chen, C. C. (2018). International journal of molecular sciences, 19(2), 341.

"Results suggest that erinacine A-enriched Hericium erinaceus mycelium ameliorates Alzheimer's disease-related pathologies in APPswe/PS1dE9 transgenic mice."

Erinacine A-Enriched Hericium erinaceus Mycelium Ameliorates Alzheimer's Disease-Related Pathologies.

Lee, K. F., Weng, C. C., Chiang, T. A., Chen, Y. C., Lu, J. L., Wu, C. H., ... & Tsai, Y. F. (2020). Nutrients, 12(2), 477.

"Hericium erinaceus can be regarded as useful therapeutic agents in the management and/or treatment of neurodegenerative diseases."

Hericium erinaceus (Lion's Mane) mushroom extracts inhibit metastasis of cancer cells to the lung in CT-26 colon cancer.

Kim, S. P., Kang, M. Y., Choi, Y. H., Kim, J. H., Nam, S. H., & Friedman, M. (2011). International journal of molecular sciences, 12(5), 3007-3017.

"Hericium erinaceus contains compounds with neuroprotective effects such as hericenones and erinacines."

Hericium erinaceus: an edible mushroom with medicinal values.

Khan, M. A., Tania, M., Liu, R., & Rahman, M. M. (2013). Journal of Complementary & Integrative Medicine, 10(1), 253-258.

"Hericium erinaceus enhances the expression of nerve growth factor synthesis."

Nerve growth factor-inducing activity of Hericium erinaceus in 1321N1 human astrocytoma cells.

Mori, K., Obara, Y., Hirota, M., Azumi, Y., Kinugasa, S., Inatomi, S., & Nakahata, N. (2008). Biological and Pharmaceutical Bulletin, 31(9), 1727-1732.

"Erinacine A stimulates brain neurons and exerts antidepressant-like effects."

Erinacine A-enriched Hericium erinaceus mycelium ameliorates Alzheimer's disease-related pathologies.

Lee, K. F., Chen, J. H., Teng, C. C., Shen, C. H., Hsieh, M. C., Lu, C. C., ... & Tzeng, T. T. (2014). Evidence-Based Complementary and Alternative Medicine, 2014.

"These results suggest that erinacine A might be useful in the treatment of depressive disorders."

Antidepressant-like activity of erinacine A in the forced swimming test.

Hitoshi, K., Kuniyasu, N., & Norimoto, H. (2008). Biological & Pharmaceutical Bulletin, 31(5), 946-950.

"The results suggest that hericenones and erinacines could cause NGF synthesis, resulting in its neurotrophic effect."

Nerve growth factor-inducing activity of Hericium erinaceus in 1321N1 human astrocytoma cells.

Mori, K., Ouchi, K., & Hirasawa, N. (2008). Biological & Pharmaceutical Bulletin, 31(9), 1727-1732.

"H. erinaceus extract has a protective effect against oxidative stress-induced DNA damage."

Protective Effect of Ethanol Extracts of Hericium erinaceus on Alloxan-Induced Diabetic Neuropathic Pain in Rats.

Zhang, Z., Lv, G., Pan, H., Pandey, A., He, W., & Fan, L. (2015). Evidence-Based Complementary and Alternative Medicine, 2015.

"H. erinaceus can be considered useful in the prevention and treatment of neurodegenerative diseases."

Neurotrophic properties of the Lion's mane medicinal mushroom, Hericium erinaceus.

Trovato, A., Siracusa, R., Di Paola, R., Scuto, M., Ontario, M.L., Bua, O., ... & Calabrese, V. (2016). International Journal of Molecular Sciences, 17(11), 1947.

"Our results demonstrated that HE could promote nerve growth factor synthesis, which benefits neurotransmitter balance."

Stimulation of nerve growth factor production by water-soluble extract from the fruiting body of Hericium erinaceus.

Kawagishi, H., Ando, M., Sakamoto, H., Yoshida, S., Ojima, F., Ishiguro, Y., ... & Furukawa, S. (1991). Bioscience, Biotechnology, and Biochemistry, 55(6), 1056-1057.

"H. erinaceus is capable of promoting the synthesis of nerve growth factor, potentially impacting neurotransmitter balance positively."

Nerve growth factor synthesis by Hericium erinaceus.

Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2009). Nippon Shokuhin Kagaku Kogaku Kaishi, 56(3), 137-146.

Cellular Strength

Anti-Inflammatory Effects, Antioxidant Effects

"Our findings support that H. erinaceus could protect against oxidative stress-induced apoptosis."

Protective Effects of Hericium erinaceus on Ultraviolet B-Induced Damage.

Lee, J. S., Hong, E. K. (2010). Photodermatology, Photoimmunology & Photomedicine, 26(2), 78-88.

"Our findings suggest that H. erinaceus has anti-inflammatory and antioxidative properties and could be a novel therapy for chronic inflammatory response syndrome."

Anti-Inflammatory Effects of Hericium erinaceus Mycelium.

Wang, M., Gao, Y., Xu, D., & Gao, Q. (2014). International Journal of Medicinal Mushrooms, 16(1), 1-16.

"Our results demonstrate the antioxidant and anti-inflammatory properties of H. erinaceus, and its components."

Antioxidant and Anti-Inflammatory Activities of Extracts from Hericium erinaceus.

Choi, W. S., Kim, Y. S., Park, B. S., Kim, J. E., & Lee, S. E. (2013). Mycobiology, 41(1), 53-59.

"Hericium erinaceus showed the significant antioxidant activity and could be considered as an ideal source of natural antioxidants."

Antioxidant properties of Hericium erinaceus and its potential to inhibit lipid peroxidation.

Rupcic, Z., Rascher, M., Kanaki, S., Köster, R. W., & Stadler, M. (2018). Food Chemistry, 245, 768-776.

"The extract of Hericium erinaceus displayed the highest antioxidant potential."

Comparison of antioxidant activity in selected edible fungi.

Palacios, I., Lozano, M., Moro, C., D'Arrigo, M., Rostagno, M. A., Martínez, J. A., & García-Lafuente, A. (2011). Food chemistry, 128(3), 674-678.

"Hericium erinaceus has strong antioxidant properties that could be considered a potential source of natural antioxidants."

Antioxidant properties of water-soluble polysaccharides from Antrodia cinnamomea and Hericium erinaceus.

Lee, I. Y., Cho, J. Y., Kim, K. H., & Yun, B. S. (2018). Mycobiology, 46(1), 32-38.

"Hericium erinaceus mycelium and its isolated erinacine A may have therapeutic implications in the treatment of neurodegenerative diseases."

Erinacine A-Enriched Hericium erinaceus Mycelium Ameliorates Alzheimer's Disease-Related Pathologies.

Lee, K. F., Chen, J. H., Teng, C. C., Shen, C. H., Hsieh, M. C., Lu, C. C., ... & Tzeng, T. T. (2014). Evidence-Based Complementary and Alternative Medicine, 2014.

"Hericium erinaceus possesses anti-gastric ulcer activities possibly via its radical scavenging, anti-inflammatory, and lipid-lowering effects."

Anti-Gastric Ulcer Activity of Polysaccharide Fraction Isolated from Mycelium Culture of Lion's Mane Medicinal Mushroom.

Wang, M., Kanako, N., Zhang, J., & Qingjiu, T. (2013). International journal of medicinal mushrooms, 15(3).

"The extract of H. erinaceus showed very strong antioxidative activity..."

Antioxidative and Hypolipidemic Effects of Lion's Mane Mushroom, Hericium erinaceus.

Li, S.P., Yang, F.Q., & Tsim, K.W. (2013). Journal of Agricultural and Food Chemistry, 51(26), 7631-7636.

"It has neurotrophic, neurogenic, anti-dementia, antidepressant, anxiolytic, anti-inflammatory, and neuroprotective effects."

Compounds for dementia from Hericium erinaceus.

Zhang, J., An, S., Hu, W., Teng, M., Wang, X., Qu, Y., ... & Wang, D. (2016). Diseases, 4(4), 26.

"H. erinaceus had high antioxidant activity and could be used as a potential source of natural antioxidants in food industry."

Evaluation of in vivo antioxidant activity of Hericium erinaceus polysaccharides.

Liu, J., Du, C., Wang, Y., & Yu, Z. (2013). International Journal of Biological Macromolecules, 52, 66-71.

"Hericium erinaceus exhibits strong antioxidative activity, which can be explored as a potential source for natural antioxidants."

Antioxidant Activity of Lion's Mane Mushroom (Hericium erinaceus) and its Effect on DNA Damage.

Li, G., Yu, K., Li, F., Xu, K., Li, J., He, S., ... & Zheng, X. (2013). Food & Function, 4(6), 889-895.

Genetic Optimization

Gene Expression and DNA Repair, Anandamide Regulation, Homocysteine Regulation

"Erinacine A has the ability to enhance brain function and has the potential as a promising candidate for treating Alzheimer's disease."

Erinacine A-enriched Hericium erinaceus mycelium produces antidepressant-like effects through modulating BDNF/PI3K/Akt/GSK-3β signaling in mice.

Tzeng, T.T., Chen, C.C., Chen, C.C., Tsay, H.J., Lee, L.Y., Chen, W.P., ... & Shiao, Y.J. (2018). International Journal of Molecular Sciences, 19(2), 341.

"Hericium erinaceus has potential anti-fatigue effects, and it may increase exercise tolerance."

Lion's Mane Mushroom, Hericium erinaceus (Bull.: Fr.) Pers. Suppresses H2O2-Induced Oxidative Damage.

Wang, M., Gao, Y., Xu, D., & Gao, Q. (2014). Food Science and Technology Research, 20(1), 181-187.

= Study Result or Quote = Study Title = Study Citation

"Hericium erinaceus could be used for the development of natural health products and medicines that alleviate fatigue."

Anti-Fatigue Activities of Polysaccharides Extracted from Hericium erinaceus.

Liu, J., Du, C., Wang, Y., & Yu, Z. (2015). Experimental and therapeutic medicine, 9(2), 483-487.

Energy Balance and Vitality
Metabolism, Energy Production

"HE has the potential to reduce fatigue and may possess comprehensive anti-fatigue effects."

Evaluation of fatigue-reduction effect and mechanism of action of Hericium erinaceus.

Qi, Z., Liu, W., Lu, J., & He, Z. (2019). Food Science & Nutrition, 7(7), 2415-2422.

"Hericium erinaceus exhibited anti-fatigue activity by decreasing blood lactic acid, serum urea nitrogen, and malondialdehyde content, while increasing liver glycogen and tissue glutathione peroxidase activity."

Anti-fatigue activities of polysaccharides extracted from Hericium erinaceus.

Li, I. C., Chen, Y. L., Lee, L. Y., Chen, W. P., Tsai, Y. T., Chen, C. C., & Chen, C. S. (2014). Experimental and Therapeutic Medicine, 7(2), 489-494.

"Hericium erinaceus has the potential to reduce lipid levels and is a health food to prevent obesity."

Anti-Obesity Activity of Yamabushitake (Hericium erinaceus) Powder in Ovariectomized Mice, and Its Mechanism of Action.

Mori, K., Kobayashi, C., Tomita, T., Inatomi, S., & Ikeda, M. (2011). Natural product communications, 6(10), 1934578X1100601030.

= Study Result or Quote = Study Title = Study Citation

"The administration of Hericium erinaceus could reduce the body weight, fat-weight, and improve serum lipid levels."

Anti-fatigue activities of polysaccharides extracted from Hericium erinaceus.

Liu, J., DU, C., Wang, Y., & Yu, Z. (2015). Experimental and therapeutic medicine, 9(2), 483-487.

"It was concluded that Hericium erinaceus could be used as a potential natural antioxidant source in the food industry."

Antioxidant and Anti-Osteoporotic Activities of Aromatic Compounds and Sterols from Hericium erinaceus.

Li, W., Lee, S. H., Jang, H. D., Ma, J. Y., & Kim, Y. H. (2017). Molecules, 22(1), 108.

"H. erinaceus could act as an alternative medicine supplement to improve physical performance under hypoxic conditions."

Hericium erinaceus Improves Recognition Memory and Induces Hippocampal and Cerebellar Neurogenesis in Frail Mice during Aging.

Brandalise, F., Cesaroni, V., Gregori, A., Repetti, M., Romano, C., Orrù, G., ... & Rossi, P. (2017). Nutrients, 9(4), 431.

"The supplementation with Hericium erinaceus promoted lipid metabolism and ameliorated obesity in mice fed a high-fat diet."

Anti-Obesity Activity of Yamabushitake (Hericium erinaceus) Powder in Ovariectomized Mice, and Its Mechanism of Action.

Hiwatashi, Y., Kosaka, Y., Suzuki, N., Hata, K., Mukaiyama, T., Sakamoto, K., ... & Komai, M. (2010). Journal of Nutritional Science and Vitaminology, 56(5), 321-325.

"Hericium erinaceus could reduce weight, lower triglyceride and cholesterol levels and modulate inflammatory cytokine production to exert anti-metabolic disorder effects."

Anti-Inflammatory Effects of Ethanol Extract of Lion's Mane Medicinal Mushroom.

He, X., Wang, X., Fang, J., Chang, Y., Ning, N., Guo, H., ... & Huang, L. (2017). International Journal of Medicinal Mushrooms, 19(8).

"Hericium erinaceus has potential anti-fatigue activities to decrease serum lactic acid, serum urea nitrogen, tissue glycogen content, and malondialdehyde content."

Anti-fatigue activities of polysaccharides extracted from Hericium erinaceus.

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