

**The Power of Mushroom Supplements**  
What's your Health Goal?  
Mushroom Supplements Make it Achievable

**NATURAL GROCERS**  
good4u

SHIRI LION'S MANE  
SHIRI TURKEY TAIL

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**Disclaimer**

This class is not intended to diagnose, treat, or mitigate any disease.

Dietary supplements and foods can interact with prescription medications. If you are taking a prescription medication, become informed about the possible interactions.

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2

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**The Natural Grocers Difference**

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**THE 5 FOUNDING PRINCIPLES**  
of Natural Grocers

- 1 focus on **EDUCATION**
- 2 **HIGHEST quality**
- 3 **EVERY DAY**
- 4 supporting **LOCAL communities**
- 5 **GREAT EMPLOYEES**

3

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## The Mysterious Kingdom



Mushrooms represent an entire *kingdom* whose inhabitants are completely unique from anything else.

**Mushrooms can be intimidating because they're so foreign:**

- Some you can cook with
- Some offer supplemental benefits
- Some are poisonous\*
- Some are hallucinogenic\*

**\* We only carry mushrooms for cooking and mushroom supplements☺**



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## The Fungi Kingdom



What do you know about mushrooms?

- Mushrooms are unique in that they are neither animal or plant
- Some people consider mushrooms plants, but they differ from plants in that they lack the green chlorophyll and have a different method of manufacturing food and energy. For this reason, they are placed in a kingdom of their own, "The Kingdom of Fungi".



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## Mushroom Boom



In the last several years, the amount of scientific research on mushrooms has "mushroomed". Turns out, mushrooms hold the power to support the immune system, blood sugar balance, brain health, liver health, respiratory health, hormone balance, and can even boost energy levels.



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**Mycology Lingo** 



**Fruiting Body** – the part of the mushroom that grows above ground. What we think of as a “mushroom”

**Mycelium** – the “roots” of the fungi that participate in the transfer of carbon and nutrients.

Both the mycelium and the fruiting bodies are packed with nutrition!  
*Supplements use either the mycelium, the fruiting body, or both and will specify on the bottle.*

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**Overview**

Mushrooms are the latest fad but this trend can barely keep pace with the *mountain* of research newly published

**All mushrooms support numerous aspects of health and there’s significant overlap between species, but each species is unique and can help bolster your specific health goals!**



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**Reishi** 

*THE ORIGINAL CHILL PILL*  
 SLEEP • STRESS • SEASONAL CHALLENGES

Reishi has been consumed for its broad health supportive properties **for over 2,000 years**

More than 100 distinct polysaccharides and 119 triterpenoids from this species have been isolated from both the mycelia & fruitbodies



9

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**Reishi**  
*The Original Chill Pill*

In China, Reishi is commonly used to support healthy sleep patterns and promote **deep, restful sleep**.

Reishi has also been shown to support the **body's ability to adapt to stress** and support **well-being when experiencing stress-induced fatigue**

**Are daily stresses interfering with your health?**

Reishi revitalizes and supports the entire body.

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**Reishi**  
*Seasonal Challenges*

Reishi contains **hundreds of different bioactive compounds** that exhibit free radical scavenging, inflammation modulating, and immune supporting activity.

- Supporting the body's natural ability to identify and respond to common irritants
- Supporting a balanced immune response in the lungs and respiratory tract
- Supporting healthy histamine levels
- Offers support during occasional times of airborne irritation.

Reishi supports free and easy respiration by:

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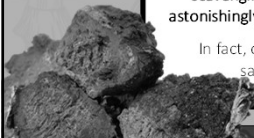

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**Chaga**

*THE GUT NURTURER*  
**GUT LINING HEALTH • HAIR & SKIN**

Chaga is one of the single richest sources of free radical scavenging compounds found in nature, containing an astonishingly **wide variety** of these cell-supporting nutrients.

In fact, one dose of dual-extracted Chaga packs the same number of free radical scavengers as thirty pounds of carrots.

12

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**Chaga**  
*The Beautifier & Immunity "Big Daddy"*



**HAIR & SKIN**

Due to its exceptional nutrient density and strong affinity for epithelial tissue (aka skin), Chaga supports shiny, thick, lustrous hair & healthy, glowing skin.

**GUT LINING HEALTH**

Chaga offers unique nutrients called beta glucans as well as maximum support against daily free radicals.

***Chaga supports the health of the cells that line the gut and a robust microbiome***

13

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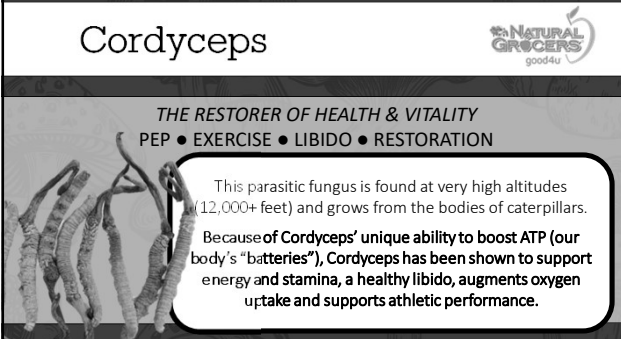
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**Cordyceps**



**THE RESTORER OF HEALTH & VITALITY**  
PEP • EXERCISE • LIBIDO • RESTORATION

This parasitic fungus is found at very high altitudes (12,000+ feet) and grows from the bodies of caterpillars.

Because of Cordyceps' unique ability to boost ATP (our body's "batteries"), Cordyceps has been shown to support energy and stamina, a healthy libido, augments oxygen uptake and supports athletic performance.

14

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**Cordyceps**  
*The Fighter of Fatigue*



**Not performing your best?**

Research shows that cordyceps supports healthy energy levels and may encourage oxygen uptake, which supports both exercise endurance and healthy respiratory function.

With cordyceps, go **from languishing to flourishing** and see the silver lining in the clouds.

**BONUS!**

Cordyceps also supports immune resilience so you can get back to feeling your best.

15

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**Lion's Mane** 

*THE BRAIN'S BEST FRIEND*  
MOOD • MEMORY • FOCUS

**Looking for a natural brain boost?  
Need focus, memory, or mood support?**  
Lion's Mane is well-known for its magnificent ability to promote mental clarity, focus, memory, and overall cognitive function. It also optimizes nervous system health.



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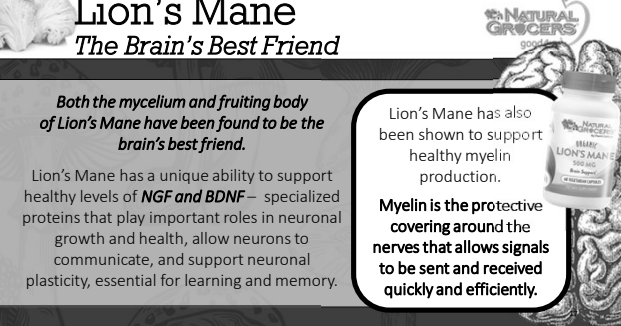
**Lion's Mane**  
*The Brain's Best Friend* 

*Both the mycelium and fruiting body of Lion's Mane have been found to be the brain's best friend.*

Lion's Mane has a unique ability to support healthy levels of **NGF and BDNF** – specialized proteins that play important roles in neuronal growth and health, allow neurons to communicate, and support neuronal plasticity, essential for learning and memory.

Lion's Mane has also been shown to support healthy myelin production.

**Myelin is the protective covering around the nerves that allows signals to be sent and received quickly and efficiently.**



17

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**Turkey Tail** 

*THE MASTER OF IMMUNITY*  
ROBUST IMMUNITY • DIGESTION

**Does your immune system need an MVP?**  
Turkey tail supports a robust immune system. It also supports digestion, ensuring your body can take in the nutrients it needs to support a healthy immune system so you can feel your best.



18

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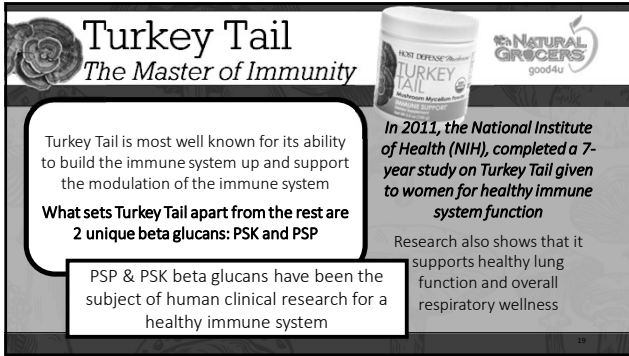
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**Turkey Tail**  
*The Master of Immunity*

Turkey Tail is most well known for its ability to build the immune system up and support the modulation of the immune system

**What sets Turkey Tail apart from the rest are 2 unique beta glucans: PSK and PSP**

PSP & PSK beta glucans have been the subject of human clinical research for a healthy immune system

*In 2011, the National Institute of Health (NIH), completed a 7-year study on Turkey Tail given to women for healthy immune system function*

Research also shows that it supports healthy lung function and overall respiratory wellness

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19

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**Maitake**

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*THE HEALTHY WEIGHT HERO*  
WEIGHT MAINTENANCE • BLOOD SUGAR • DIGESTION

**Ready to kickstart your health goals?**  
Maitake promotes normal blood sugar metabolism, a healthy digestive tract, and helps maintain a healthy weight naturally.

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**Maitake**  
*The Healthy Weight Hero*

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What makes maitake different from other mushrooms is its SX-fraction named after "Syndrome X"

*The SX-fraction compound has been researched to support healthy blood sugar balance, healthy blood pressure, and healthy weight maintenance.*

SX-Fraction also works as an "adaptogen", when it comes to supporting healthy stable blood sugar levels.

21

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**Shiitake** 

*THE LIVER CHAMPION*  
LIVER SUPPORT • HEALTHY LIPID LEVELS • GLOWING SKIN



**Does your liver need some love?**  
Shiitake promotes liver and immune function. In addition, healthy skin starts with a healthy liver. Thus, shiitake promotes overall skin health – from the inside out!

22

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**Shiitake** 


*The Liver Champion*

Lentian and eritadenine are especially powerful for supporting liver health:

- Detoxification
- Skin appearance
- Healthy lipid levels in the liver and circulation

*Shiitake mushrooms contain unique phytonutrients including the beta glucans lentinan and eritadenine.*

Research has shown that these phytonutrients help to stimulate and activate a healthy immune system and modulate inflammation.



23

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**Agarikon** 

*THE IMMUNE FORTIFIER*  
MAXIMUM IMMUNE SUPPORT



**Is it time to give your immune system a helping hand?**  
Agarikon has *maximum*-immune supporting properties. It contains a spectrum of unique nutrients that support a healthy microbial and bacterial balance.



24

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**Agarikon**

What's Your Health Goal?  
MUSHROOM SUPPLEMENTS  
MAKE IT ACHIEVABLE

Reishi  
THE KING OF MUSHROOMS  
BLOOD-SUGAR-BALANCING BENEFITS

Turkey Tail  
THE HEAVENLY MUSHROOM  
IMMUNE-SUPPORTING BENEFITS

Maitake  
THE MOUNTAIN MUSHROOM  
BLOOD-SUGAR-BALANCING BENEFITS

Cordyceps  
REINFORCES AND ENHANCES  
ENERGY AND VIGOR

Shiitake  
THE KING OF MUSHROOMS  
IMMUNE-SUPPORTING BENEFITS

Lion's Mane  
THE MANE MUSHROOM  
BRAIN-SUPPORTING BENEFITS

Chaga  
THE CHAGA MUSHROOM  
ANTIOXIDANT BENEFITS

Agarikon  
THE AGARIC MUSHROOM  
ANTIOXIDANT BENEFITS

25

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**Summary**

What's your health goal?  
MUSHROOM SUPPLEMENTS MAKE IT ACHIEVABLE

Mushrooms support numerous areas of health, including immune system function, brain, liver and sinus health, glowing skin and hair, blood sugar, and energy levels.

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26

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**Resources**

MYCELIUM RUNNING  
How Mushrooms Can Help Save the World

HEALING MUSHROOMS  
A Practical and Culinary Guide to Using Mushrooms for Whole Body Health

TERO ISOKAUPPIA  
founder of FOUR SIGMATIC

THE MUSHROOM HEALTH BOOK  
CLF

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27

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**Why?**



Mushrooms can feed you, supplement you into optimal health, and maybe even save the world.

Trees, bears, bees, humans, mycelium, all organisms are interconnected within the web of life.



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