



## 5-Mushroom Immortality Blend Tincture

### DOSAGE

Shake before each use. Enjoy up to 3-4 mL, 2-4 times per day, 6 days per week.  
Folk dosage: Take a swig 2-4 times per day, 6 days per week.

### CONTRAINDICATIONS

Do not take if you are on blood thinners or have chronic or acute kidney failure (chaga). Discontinue use 5 days prior to and after surgery (reishi). Otherwise, no other contraindications for safe use.

### INGREDIENTS

The highest quality fruiting bodies of wild harvested Pacific Northwest reishi, wild harvested Rocky Mountain chaga, expertly cultivated turkey tail, cordyceps and lion's mane. The extraction process uses Tofino Distillery Organic Absinthe, Kraken rum, Everclear, and natural Rocky Mountain spring water.

### PROCESS

My Reiki-infused, small batch, triple-extraction process takes 8 weeks from start to finish. This process ensures the highest levels of medicinal compounds from each mushroom including polysaccharides, triterpenes, fatty acids and phenolic compounds.

### MUSHROOM MEDICINE BENEFITS

#### **Reishi:**

Known as the mushroom of immortality; it helps manage everyday mental, physical and emotional stressors and builds more resistance to stress. Alleviates fatigue and improves sleep quality. Supports the body to recover deeply overnight. Regulates mood and alleviates depression. Has strong antiviral, antioxidant and anticancer properties. Boosts the immune system.

"Shown to possess analgesic activity, general immune potentiation, muscle and central nervous system relaxation, cardiostimulant activity, and liver and bronchial protection, as well as radiation protection."

"Enhanced natural killer cell activity, improved adrenocortical function. Antiviral, antitumor, antibacterial activity due to increased immune system activation."

"Marked antioxidant properties with super oxide and hydroxyl radical scavenging, as well as lipid peroxidation inhibiting activity, the three main measures of oxidative stress." "Bioactive peptides responsible for antioxidant activity are easily absorbed through the human intestine at rates 70-80% higher than free amino acids."

"Reduces formation of tumors by 40% and increased natural killer cell activity of splenocytes by 52%."

"Polysaccharides have been found to be effective against indomethacin-induced ulcers, suggesting application in both prevention and treatment of peptic ulcers."

"Enteric mucosal immune response... immune modulating effect that regulates and reduces excessive immune response when needed and stimulates when deficient."

"Stronger anti-inflammatory effect than common aspirin."

"Lowers elevated blood sugar levels."

"Alleviates symptoms of bronchial asthma, chronic bronchitis and other allergy-related respiratory conditions. Studies show alleviation of allergic reactions and food sensitivities and stabilizing immunoglobulin levels."

"Effective as a calmodulin, helping alleviate anxiety, insomnia and nervousness. Relaxes muscles and reduces effect of caffeine."

Known by Daoist monks as "the mushroom of spiritual potency" by improving one's inner life.

#### **Turkey Tail:**

Known for its cancer fighting abilities; can help treat and prevent cancer. Reduces side effects of cancer therapy. Helps liver perform its detoxification duties. Antiviral, keeps viral infections in check.

Adaptogenic, helps the body react to internal or external stressors, regulating the immune system.

Promotes healthy gut biome and prevents toxic compounds from being absorbed in the GI tract.

"Widely studied for its immune-stimulating polysaccharides and use in the treatment of cancer."

"Improves the function of blood vessels, normalization of spleen index, immune enhancement and prevention of liver cancer."

"Activity against hypertension, diabetes, thrombosis and rheumatism."

"Lowers serum cholesterol."

"Improved symptoms observed in patients suffering systemic lupus, chronic rheumatoid arthritis, sclerosis and other autoimmune disorders, suggestive of immune modulation."

"Polysaccharides enhance alkaline phosphatase in osteoblast cells, suggesting use in osteoporosis and degenerative bone disease."

"Prevents white blood cell decreases due to chemotherapy."

**Chaga :**

Amazing source of antioxidants. Fights any type of inflammation in the body. Boosts immune system. Supports the health of skin, hair and nails. Enables the body to handle mental, physical and emotional stress. Has strong antiviral, antioxidant and anticancer properties.

"Inhibits oxidative stress in general but particularly with irritable bowel disease patients."

"Beneficial in cases of chronic gastritis and stomach complaints including ulcers."

"Shows definitive improvement to the immune system and has shown to be of benefit in treating psoriasis."

"The antioxidant effect of Chaga appears to be the result of polyphenols with the capacity to scavenge free radicals."

"Contains several immune-stimulating polysaccharides."

"Antitumor activity has been found only in lengthy decoctions, which is the traditional folk medicine preparation."

"Activates the circulation of brain tissue elements and increases bioelectric activity in the cortex of the brain."

**Lion's Mane:**

Known for its brain health benefits. Boosts your energy, focus and performance. Gives you an extra clear state of mind and more alertness. Boosts brain activity and improves memory. Stimulates the synthesis of nerve growth factor. Increases blood flow to fuel your brain with more oxygen. Supports cognitive and neurological health. Prevents neurodegenerative diseases such as Alzheimer's and Parkinson's.

"Brain food that increases intellect and nourishes the nervous system."

"Contains 5 polysaccharides and polypeptides that enhance the immune system."

"Increases human dendritic cells and reinforces innate immune system function."

"Found to induce synthesis of nerve growth factor (NGF) which is required by the brain for developing and maintaining important sensory neurons. This may be useful in the amelioration of Alzheimer's and other chronic nerve/brain related diseases."

"Strong argument for the use of lion's mane for dementia, as it is an inducer of NGF synthesis."

"A Japanese study on lion's mane found that 5 g of lion's mane mushroom for 6 months benefited 86% of patients in perceptual capacities and 100% had improvement in their Functional Independence Measure, with the conclusion that lion's mane is a potent inducer of brain tissue regeneration."

"Another study of 50–80-year-olds at 1 g of dried fruiting body 3x per day found 100% had improvement in mild cognitive problems by 3 months, but the improvements did not last beyond 4 weeks after being discontinued."

"Alcohol extracts of the fruiting body possess hypoglycemic activity."

**Cordyceps:**

Known for its energy boosting properties. Builds more stamina and endurance. Keeps your mind sharp and focused. Natural energy and vitality elixir. Enhances cognitive function. Increases libido and energizes your body and mind.

"Used in Chinese medicine as a lung and kidney tonic."

"It increases production of red blood cells, increases sperm production and strengthens qi."

"It regulates menstruation and is used to treat menorrhagia, in between spotting, as well as abnormal or excessive bleeding associated with perimenopause or fibroids."

"Used to treat postpartum exhaustion and as an antibiotic in Japan."

"Strengthens both the mind and body at a foundational level, replenishing and restoring the deep energy depleted by excessive stress."

"Restorative to the lungs and a metabolic enhancer and balancer to the entire hypothalamic pituitary adrenal axis."

"Used in China for fatigue, wheezing, shallow breathing and loss of stamina."

"Can be used safely in any endocrine condition to help relieve fatigue and calm the nervous system. It is both yin nourishing and yang invigorating."

"Identified anti-aging potential."

"Immune potentiating effect, as well as stimulation of myocardial ATP generation and enhancement in mitochondrial electron transport. It is rare to find this combination."

"Useful for the prevention and cure of asthma."

"Relaxing and restoring to the nervous system, especially when associated with irritability, anxiety and hypertension."

"As an adrenal restorative, it helps premature ageing, menopause, impotence, and chronic kidney conditions. It reduces blood cholesterol."

"Shows antitumour activity against lung cancer in humans."

"Increases ATP (adenosine triphosphate) levels by 28%, giving your body 28% more energy supply (ATP is required for nearly all enzyme systems)."

"Water extracts dilate the aorta by 40% under stress, suggesting a possible mechanism for athletes."

"Heart disease patients were given 3 g daily for 12 weeks and blood viscosity dropped, and cholesterol levels dropped an average of 17%."

"Alcohol extracts show regulation of T-lymphocytes."

"In a study of 256 patients with viral hepatitis, the mushroom helped 80% of them by taking cordyceps for 3 months."

"Helps prevent kidney disease in elderly patients."

"In a clinical trial of diabetic patients, 95% of patients showed improvement of blood sugar levels after 30 days, due to CS-F30 (polysaccharide composed of galactose, glucose and mannose)."

**REFERENCES:**

*The Fungal Pharmacy, Robert Rogers*

*Medicinal Mushrooms: The Human Clinical Trials, Robert Rogers*