

LIONS MANE

Botanical

Hericium erinaceus

- Transparently sourced
- Single origin country: UK
- Source of β -glucans & other polysaccharides



Hericium erinaceus is an edible medicinal mushroom. It is also known under the name "Lion's mane" in English, "Yamabushitake" in Japan or "Hóutóugū" in China [1].

This mushroom can often be found growing naturally on Oak and Beech in Europe, North America, Japan, Russia and China [2]. However, BSB extraction utilises a cultivated format for consistency and quality.

Hericium erinaceus has attracted special scientific attention in recent four years, being intensively studied in terms of its primary and secondary metabolites and their possible medicinal use. It yielded a number of compounds belonging to different classes with potential biological activity [3].

More than 2000 species of edible and/or medicinal mushrooms have been identified to date, many of which are widely consumed, stimulating much research on their health-promoting properties. These properties are associated with bioactive compounds produced by the mushrooms, including polysaccharides. Although β -glucans (homopolysaccharides) are believed to be the major bioactive polysaccharides of mushrooms, other types of mushroom polysaccharides (heteropolysaccharides) also possess biological properties [4].

Many health benefits have been attributed to β -glucans, including immunomodulatory, hypoglycemic, antioxidant, and antitumor properties. β -glucans offer promising dermatological activity on the skin, scalp, and hair.

References

1. Thongbai B, Rapior S, Hyde KD, Wittstein K, Stadler M. *Hericium erinaceus*, an amazing medicinal mushroom. *Mycological Progress*. 2015;14:91.
2. Ecology of *Hericium cirrhatum*, *H. coralloides* and *H. erinaceus* in the UK. *Fungal Ecology*. Boddy L, Crockatt ME, Ainsworth AM2011;4:163-73.
3. *Hericium*: A review of the cultivation, health-enhancing applications, economic importance, industrial, and pharmaceutical applications GonkhomD, Luangharn, Raghoonundon B, Hyde K, Stadler M and Thongklang N, *Fungal Biotech* 1(2): 118-130 (2021)
4. Mushroom Polysaccharides: Chemistry and Antiobesity, Antidiabetes, Anticancer, and Antibiotic Properties in Cells, Rodents, and Humans. MFriedman. www.ncbi.nlm.nih.gov/pmc/articles/PMC5302426/
5. Skin Health Promotion Effects of Natural Beta-Glucan Derived from Cereals and Microorganisms: A Review. *Phytotherapy Research* Vol 28, Issue 2.



Source

Our experienced mushroom grower cultivates different species in optimised indoor growing rooms; each adapted to the conditions preferred by each fungi variety. Though Lion's Mane may be found in the wild in the UK, it is very rare in many forests and so our Transparently Sourced material is grown in batches throughout the year to maximise fresh availability. Appropriate substrate blocks / logs are prepared, and inoculated with the mushroom spore much like planting seeds into soil. No pesticides or fertilisers are applied during the process, and hand-harvesting is simplified by the density of growing blocks in an organised indoor system.

Transparently Sourced: A botanical produced by a single primary supply chain with visibility back to the origin. There may not be certification in place but often there are elements of the operation that can inspire the user or perhaps there can be valuable chance for collaboration.

Supply chain resilience requires us to have contingency source/s in place wherever possible. Availability is not guaranteed unless contracted. For label claim or potential future marketing requirements relating to this product, please discuss your needs with us at concept stage.

Please note that for standard products made with botanical raw material mentioned in this report, the Extract has not been analysed for the presence of the mentioned phytochemicals/vitamins. The information used within this document has been evaluated and sourced from credible published literature held in the public domain but has not been substantiated by Blue Sky Botanics Ltd. Blue Sky Botanics Ltd cannot accept any liability for the accuracy of this information or the way in which it is used.