

THE BENEFICIAL PROPERTIES *of* MUSHROOMS

from DAN'S
HAND



DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

Immune System

Mushrooms provide support for a healthy immune system where an estimated 80% of our immunity resides—in our guts. All of the species in our Fit Blend* provide beta glucan compounds that have been reported to strengthen and modulate immune function. Other bioactive ingredients contained in mushrooms, including alpha glucans, peptides, lectins and fungal proteins, have also been reported to strengthen immune function.

Prebiotics

Mushrooms also provide prebiotic factors to encourage the growth and balance of beneficial probiotic organisms. Mushroom dietary fibers have been reported to increase both the numbers and diversity of probiotic microbiota. This is an area of exciting new research.

Digestive Health

Mushrooms contain supplemental digestive enzymes that can help aid digestion. The Solid State Fermentation process that we use to grow the mycelial biomass retains all of the extracellular digestive enzymes that the mushroom produces to liquify and digest nutrients so they can be absorbed across the cell wall. We dehydrate the biomass at low temperatures to preserve the activity of those enzymes.

The Lion's Mane in the blend is used in traditional Chinese medicine to treat digestive complaints.

Adaptogen

The Reishi mushroom in the blend is considered to be the premier adaptogen in all of traditional Chinese medicine. Adaptogens are natural agents that help us to cope with stress; whether the stress is emotional, environmental or physiological, stress can negatively impact digestive function.

Anti-Inflammatory

All of the mushrooms in our blend have anti-inflammatory properties. Inflammation in the digestive tract can have a negative effect on digestion. (Note: the FDA now frowns upon dietary supplement anti-inflammation claims; even "Supports Healthy Inflammation Response" is now not ok with them.)

Energy

The Cordyceps in our blend increase ATP (adenosine triphosphate) synthesis and increases red blood cell numbers, along with their hemoglobin content. Energy (provided by ATP) and oxygen are required for digestive processes.

Eat Well!

**We no longer offer this blend.*

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).