

Mindful Mushrooms

Medicinal Mushroom Tinctures

What is a Medicinal Mushroom Tincture?

A mushroom tincture is a concentrated liquid extract that's made by soaking fresh or dried mushrooms in a solvent—typically alcohol and/or water. This process unlocks the active ingredients in the mushrooms.

Medicinal mushrooms contain bioactive nutrients like polysaccharides and triterpenes that are "locked away" behind a tough exterior made of chitin. By the process of extraction, these bioactive nutrients can be released and extracted to make mushroom tincture, which increases the bioavailability of the medicinal compounds.

What Are the Benefits of Tinctures?

Tinctures bypass the need to digest whole substances in the gut, giving them an advantage over taking pills or capsules. By placing a dropper full under the tongue, the small capillaries in this area of the mouth quickly and easily absorb the nutrients.



What are the Bioactive Ingredients in Mushroom Tinctures?

As explained by pioneer mycologist Jeff Chilton, the key active compounds of medicinal mushrooms are:

- Beta-glucans, which support immunity, and are considered to be antibiotic and antiviral.
- Triterpenoids, which are found to be liver protective, lipid lowering, antioxidant, anti-inflammatory and inhibit histamine release.
- Ergosterol, which has antitumor and antioxidant properties, and is a precursor to Vitamin D2.
- Statins, which, in high doses, have the ability to lower cholesterol.

What's Better, Fruiting Bodies or Mycelium Extracts?

Many highly-regarded mycologists and research scientists believe making mushroom extracts from fruiting bodies is the most efficacious, natural, tried-and-true method to extracting. They say this ensures the mushroom supplement being extracted is 100 percent mushroom-based—thus, the end product is of a higher quality, offering a concentrated form of glyconutrients and other medicinal mushroom constituents.

Mindful Mushrooms

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Lead mycologist and farmer Ivo Fedak has over 15 years of experience cultivating mushrooms and is dedicated to creating the highest quality mushroom products for consumers. "All of our mushroom products are made using 100% of our in house mushrooms to ensure highest quality ingredients and care." - Ivo

How We Make our Tinctures:

Mindful Mushrooms tinctures are made using our in house mushrooms with a dual extraction method and 100% fruit bodies. Mushrooms are dried and ground prior to extraction as an effective method for extracting the bioactive nutrients needed that provide health benefits.

Why Choose Mindful Mushrooms Tinctures?

At Mindful Mushrooms we personally cultivate each variety that we use in our tinctures. From culture to final product, everything is made in house to ensure the highest quality ingredients and care. We are 100% organic, locally grown, with no fillers or additives, just pure fungi! Grown by farmers, made by farmers for you.

Questions?

We are happy to help! Please reach out to us with any questions you have regarding our tinctures, mushrooms or other mushroom products.

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