

“Lions Mane Dual Extract Capsules” – 600mg each

PRICE: 10's Capsules = as listed on current price list & website

30's Capsules = as listed on current price list & website

60'S Capsules = as listed on current price list & website

DOSAGE: take 1 capsule per day. You may take up to 2 capsules per day.

FAQs : "Frequently Asked Questions" about **“Lions Mane Dual Extract Capsules”**

► Question 1: What type of Lion's Mane is used?

Lion's Mane – Dual Extract

“*Hericium erinaceus*”

Class: Agaricomycetes

Order: Russulales

Scientific name: *Hericium erinaceus*

Division: Basidiomycota

Domain: Eukaryota

Family: Hericiaceae

Genus: *Hericium*

► Question 2: What type and size of capsules are used?

600mg Size 00 “VEGAN Gelatin” Capsules

► Question 3: Does this “Lions Mane Dual Extract Capsules” contain any fillers?

NO

► Question 4: What is the significance of DUAL EXTRACT Lion's Mane?

The taste of Lions Mane Dual Extract is rich & bitter, and has a brown colour.

Dual extract provides Hericenones, Beta-glucan and Erinacines.

The active ingredients in lion's mane include polysaccharides, erinacines, hericerins, steroids, alkaloids, and lactones. These ingredients help protect the body from damage caused by free radicals and inflammation, and they [help to] promote the growth and regeneration of nerve cells.

► Question 5: What are the health benefits of Mushroom Terpenes?

Lion's Mane mushrooms contain high amounts of hericenones. This tiny molecule can pass the blood-brain barrier to improve neurocognitive impairment, promote NGF (nerve growth factor) synthesis, and promote brain cell growth. It also offers antidepressant effects.

► **Question 6: What are the benefits of “Lions Mane Dual Extract Capsules”?**

- ADHD
- Antibacterial
- Anti-inflammatory
- Antioxidant
- Anxiety
- Blood clots
- Brain fog
- Cancer prevention and treatment
- Cholesterol
- Concentration
- Depression
- Diabetes
- Encourages growth of good bacteria in gut
- Enhance Immune system
- Improves digestion
- Improves heart health
- Intestinal ulcers
- Mood disorders
- Nerve repair & regrowth
- Nervous system recovery
- Regulates blood sugar levels
- Spatial & visual memory problems
- Wound healing

► **Question 7: What is the side effects of “Lions Mane Dual Extract Capsules”?**

Generally regarded as safe.

Not to be used by people who are allergic to mushrooms.

► **Question 8: Who cannot use “Lions Mane Dual Extract Capsules”?**

- Not to be used by pregnant, lactating women.
- People using blood thinners. It may interact with blood clotting medications.
- Children under the age of 12.

► **Question 9: Is “Lions Mane Dual Extract Capsules” approved by the Medical & Health Authorities?**

NO, it is a 100% herbal and natural product. It is absolutely the client's own decision to follow the pharmaceutical route, or the natural route. Read our full Disclaimer on our website: www.dianas.co.za

► **Question 10: What is the required dosage:**

- Adults may take 1-2 capsules per day, no less than 2 hours before or 2 hours after chronic medication.
- Not to be used by children under the age of 12 years.
- Important to consult your own medical Doctor prior to using “Lions Mane Dual Extract Capsules”

► **Question 11: “Lion’s Mane Dual Extract Capsules” be used with Chronic Medication?**

- Adults may take 1-2 capsules per day, no less than 2 hours before or 2 hours after chronic medication.
- Important to consult your own medical Doctor prior to using “Lions Mane Dual Extract Capsules”

► **Question 12: Is “Lion’s Mane Dual Extract Capsules” addictive or habit forming?**

NO

► **Question 13: Will you experience any withdrawal symptoms when quit using “Lion’s Mane Dual Extract Capsules”?**

NO

► **Question 13: How soon after I start using “Lion’s Mane Dual Extract Capsules” will I notice a difference?**

Some people may experience the benefits immediately, or after several days. In some cases, it may take longer.

► **Question 14: What is the shelf life of “Lion’s Mane Dual Extract Capsules”?**

The shelf life is +- 1 year from the date of purchase.

Important to store your “Lion’s Mane Dual Extract Capsules” away for heat and direct sunlight.