

Dr. Fuhrman™

# PRODUCT FACTS

## MUSHROOM CHAI SUPERFOOD POWDER

Blend of ten organic mushrooms provides immune-supporting phytochemicals

Dr. Fuhrman's Mushroom Chai Superfood Powder is an immune-boosting alternative to coffee or tea. This chai-spiced beverage includes a blend of organic mushrooms, turmeric, and hibiscus with no added sugars or sweeteners. Try brewing Mushroom Chai with hot water and/or plant-based milk or blending into your morning smoothie.

### ORGANIC TEN-MUSHROOM BLEND

One serving of Mushroom Chai contains 500 mg of an organic mushroom blend, including Maitake, Reishi, Chaga, Shiitake, Cordyceps, and more to promote good immune system function.<sup>1-3</sup>

Mushrooms are known for their unique polysaccharides, called beta-glucans, which are responsible for the immune-boosting effects.<sup>4,5</sup> Mushroom beta-glucans activate immune cells and have beneficial effects on immune function.<sup>4</sup> A small daily dose of mixed mushroom powder is beneficial, since most people don't eat a large quantity and variety of different mushrooms regularly.

### ORGANIC TURMERIC

Curcumin is a combination of three related compounds called curcuminoids found in turmeric: curcumin, demethoxycurcumin, and bisdemethoxycurcumin. Curcumin gives turmeric its yellow color and is known for its anti-inflammatory effects, inhibiting the pro-inflammatory transcription factor NF-KB plus several other pro-inflammatory molecules in vitro.<sup>8-10</sup>

In addition, curcumin-free turmeric has been found



to have anti-inflammatory and antioxidant effects in vitro, implying that curcumin is not the only beneficial compound in turmeric. Many different turmeric-derived phytochemicals may contribute to turmeric's health benefits, including turmerin, turmerones, elemene, and cyclocurcumin.<sup>6,7</sup>

### HIBISCUS

Hibiscus, whose bright red flowers are often used in herbal teas, has potent antioxidant activity.<sup>11</sup> Hibiscus contains a variety of antioxidant phytochemicals, including quercetin and vitamin C; these phytochemicals can directly quench free radicals, block ROS generation, and upregulate antioxidant enzymes.<sup>13</sup>

Similar to berries, hibiscus flowers are rich in anthocyanins, a class of flavonoids with a variety of health benefits. Hibiscus is linked to cardiovascular benefits, including healthy blood pressure levels.<sup>12</sup>

## MUSHROOM CHAI SUPERFOOD POWDER

### Product Features

- 100% vegan
- Organic mushroom blend to promote immune system function
- Organic turmeric provides unique curcuminoids and turmerones.
- Hibiscus has potent antioxidant activity
- No added sugars or sweeteners
- No gluten-containing ingredients
- Non-GMO
- Packaged in post consumer resin (PCR)



Organic turmeric provides its unique phytochemicals, such as curcuminoids and turmerones



Hibiscus, whose bright red flowers are often used in herbal teas, has potent antioxidant activity

# MUSHROOM CHAI SUPERFOOD POWDER

## Supplement Facts

Supplement Facts		
Serving Size: 1 scoop (4.8 grams)		
Servings Per Container: 30		
	Amount Per Serving	%Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Dietary Fiber	2 g	7%*
Proprietary Organic Mushroom Blend:	500 mg	†
Maitake ( <i>Grifola frondosa</i> ), Reishi ( <i>Ganoderma lucidum</i> ),		
Himematsutake ( <i>Agaricus blazei</i> ), <i>Cordyceps sinensis</i> CS-4, Turkey Tail ( <i>Trametes versicolor</i> ), Shiitake ( <i>Lentinula edodes</i> ), Lion's Mane ( <i>Hericium erinaceus</i> ), Zhu Ling ( <i>Polyporus umbellatus</i> ), Meshimakobu ( <i>Pheillus linteus</i> ) and Chaga ( <i>Inonotus obliquus</i> )		
Herb Blend:	260 mg	†
Organic Turmeric root, Hibiscus flower extract		

† Daily value not established.  
\* Percent Daily values are based on a 2,000 calorie diet.

**Other Ingredients:** Natural flavors, Chai Blend (cinnamon bark, ginger root, anise seed, black pepper fruit), guar gum and silica.

**Suggested Use:** Mix or blend 1 scoop with 8 fl. oz. hot or cold water or plant-based milk.

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

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