

Dr. Fuhrman®

PRODUCT FACTS

MUSHROOM CHAI SUPERFOOD POWDER

Blend of nine 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, Ceylon cinnamon, and ginger 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 NINE-MUSHROOM BLEND

One serving of Mushroom Chai contains 250 mg of an organic mushroom blend, including Maitake, Reishi, Chaga, Shiitake, and more to promote good immune system function.¹⁻³

Mushrooms are known for their unique polysaccharides, called beta-glucans, which are responsible for the immune-boosting effects.^{4,5} Mushroom beta-glucans activate immune cells and have beneficial effects on immune function.⁴ 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-κB plus several other pro-inflammatory molecules in vitro.⁶⁻⁸

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.^{9,10}



MUSHROOM CHAI SUPERFOOD POWDER

Product Features

- Free of gluten, dairy, and soy
- Organic, vegan, non-GMO
- Organic mushroom blend to promote immune system function.¹⁻³
- Organic turmeric provides unique curcuminoids and turmerones.^{9,10}
- Flavored with a chai spice blend of Ceylon cinnamon, ginger, and black pepper
- No added sugars or sweeteners

Caution: If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.



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



Ceylon cinnamon is preferable to the more common variety of Cassia cinnamon because it contains only trace amounts of coumarin, a naturally occurring substance that at higher levels can cause liver damage

MUSHROOM CHAI SUPERFOOD POWDER

Supplement Facts

Supplement Facts

Serving Size: 1 scoop (3 grams)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g [†]	1%*
Dietary Fiber	<1 g [†]	2%* [†]
Organic Ceylon cinnamon quills powder (Cinnamomum zeylanicum)	500 mg	†
Organic mushroom blend:	250 mg	†
maitake (<i>Grifola frondosa</i>), reishi (<i>Ganoderma lucidum</i>), himematsutake (<i>Agaricus blazei</i>), 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>Phellinus linteus</i>), chaga (<i>Inonotus obliquus</i>)		
Organic ginger root powder (Zingiber officinale)	125 mg [†]	†
Organic turmeric root powder (Curcuma longa)	125 mg [†]	†
Organic black pepper (Piper nigrum)	25 mg	†

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

Other Ingredients: Organic flavor and organic guar gum.

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

Does not contain: eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).

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

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

Caution: If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.

- Borchers AT, Krishnamurthy A, Keen CL, Meyers FJ, Gershwin ME. **The Immunobiology of Mushrooms.** *Exp Biol Med* 2008; **233**:259-276.
- Vannucci L, Krizan J, Sima P, Stakheev D, Caja F, Rajsiglova L, Horak V, Saieh M. **Immunostimulatory properties and antitumor activities of glucans (Review).** *Int J Oncol* 2013; **43**:357-364.
- Akramiene D, Kondrotas A, Dirziapetriene J, Kevelaitis E. **Effects of beta-glucans on the immune system.** *Medicina (Kaunas)* 2007; **43**:597-606.
- Jeong SC, Koyyalamudi SR, Pang G. **Dietary intake of Agaricus bisporus white button mushroom accelerates salivary immunoglobulin A secretion in healthy volunteers.** *Nutrition* 2012; **28**:527-531.
- Ren L, Perera C, Hemar Y. **Antitumor activity of mushroom polysaccharides: a review.** *Food Funct* 2012; **3**:1118-1130.
- Singh S, Aggarwal BB. **Activation of transcription factor NF-kappa B is suppressed by curcumin (diferuloylmethane) [corrected].** *J Biol Chem* 1995; **270**:24995-25000.
- Sandur SK, Pandey MK, Sung B, Ahn KS, Murakami A, Sethi G, Limtrakul P, Badmaev V, Aggarwal BB. **Curcumin, demethoxycurcumin, bisdemethoxycurcumin, tetrahydrocurcumin and turmerones differentially regulate anti-inflammatory and anti-proliferative responses through a ROS-independent mechanism.** *Carcinogenesis* 2007; **28**:1765-1773.
- Aggarwal BB. **Nuclear factor-kappaB: the enemy within.** *Cancer Cell* 2004; **6**:203-208.
- Aggarwal BB, Yuan W, Li S, Gupta SC. **Curcumin-free turmeric exhibits anti-inflammatory and anticancer activities: Identification of novel components of turmeric.** *Mol Nutr Food Res* 2013; **57**:1529-1542.
- Gupta SC, Kismali G, Aggarwal BB. **Curcumin, a component of turmeric: from farm to pharmacy.** *Biofactors* 2013; **39**:2-13.