

Information on the Use of Hericium erinaceus Powder

LION'S MANE MUSHROOM – Hericium erinaceus

Lion's mane mushroom is an edible fungus and a staple of traditional Chinese medicine due to its benefits for the nervous and gastrointestinal systems.

You can find original scientific articles and summaries at this link:

https://floydfungi.ch/en/hericium-erinaceus/#fonctionnel_hericium_erinaceus

At FloydFungi, the entire production process of our lion's mane mushroom is additive-free, organic, and Swiss-made—from mycelium to fruiting body—including all cultivation ingredients (malt extract, wheat grains, wheat bran, wood). It is fully cultivated at Moulin Bornu in Pompaples. Details on the cultivation page: <https://floydfungi.ch/en/cultivation/>

To produce Hericium erinaceus powder, the mushroom is sliced thinly and dehydrated at 35°C (95°F) for 18 hours to preserve maximum nutritional quality. It is then ground in a high-powered grain mill to break down its cell walls and release its beneficial properties. This process involves 10 cycles of 6 seconds each, spaced 10 minutes apart, to avoid overheating the powder.

DISCLAIMER

FloydFungi is a small producer of “gourmet and functional mushrooms,” but in no way tries to replace the advice of a doctor or qualified therapist. All usage advice below is for information only and is the result of research from various scientific studies and companies offering similar products.

Powdered mushroom is not a medicine but is used as a dietary supplement (in fact, according to Swiss law, it appears to be simply considered a “food,” unlike European law, which classifies it as a dietary supplement).

It is also called a “superfood,” “functional food,” or “medicinal mushroom,” particularly for those mushrooms that seem to have interesting medicinal properties in addition to their nutritional function. It should never replace medical treatment and should be consumed as part of a healthy, balanced diet.

If you have any doubts about possible interactions with medication you take daily, whether prescribed or self-medicated, it is important to ask your doctor what they think. If they do not know, ask them to conduct serious research and provide you with detailed and verifiable conclusions.

KNOWN INTERACTIONS

- **Antidiabetic Medications:**

Studies suggest lion's mane may lower blood sugar through multiple metabolic pathways [1] [2] [3]. Combined with diabetes medication, it could cause hypoglycemia. Monitor blood sugar closely.

- **Anticoagulants:**

According to some studies, lion's mane may thin the blood and reduce the risk of thrombosis [4]. It should therefore be avoided in conjunction with an anticoagulant to prevent any uncontrolled synergy. It is also recommended to stop taking hericium a few weeks before and after surgery.

- **Pregnancy:**

No studies confirm its safety during pregnancy or breastfeeding. Consult your doctor.

- **Antidepressants/Anti-Anxiety Medications:**

While lion's mane is renowned for supporting nerve health and mood, no contraindications have been reported. Still, consult your physician.

CONTRAINDICATIONS

Lion's mane stimulates nerve growth factor (NGF) and is not recommended for conditions with elevated NGF levels, such as:

- Polycystic ovary syndrome (PCOS) [6][7][8]
- Neuropathic pain [9][10]
- Chronic allergies [11][12]
- Interstitial cystitis [13][14]
- Overactive bladder [15]
- Fibromyalgia [16][17]
- Mushroom allergies
- Pregnancy and young children: Avoid as a precaution.

SIDE EFFECTS

Lion's mane powder is generally well-tolerated. Rare cases of mild abdominal discomfort, itching, or allergies have been reported. One case of acute respiratory distress syndrome was documented in 1999 [18]. Discontinue use and consult a doctor if side effects occur.

PSYCHOACTIVE EFFECTS

Heridium erinaceus has no psychoactive properties.

COMMONLY OBSERVED USAGE

There is no standard use for lion's mane powder. It depends on your age, weight, and physical condition. The literature suggests dosages ranging from 0.5 g to 8 g per day, taken once or divided into 2 to 3 doses throughout the day. 8 g, if you really feel you need it, should only be considered to start a course, then reduced by half after two weeks.

To avoid possible digestive discomfort, start with small amounts (e.g., 0.5 g), then increase each day until the desired dosage. Knowing that a heaping teaspoon is about 2–3 g, the literature suggests:

- Maintenance: 0.5–2 g/day*
- Regenerative: 2–4 g/day*
- Reparative: 4–8 g/day* (short-term only; reduce by half after two weeks)

**The quotation marks are here to remind us that this is neither a medicine nor a miracle product, and that despite all the scientific and clinical studies done to date, each of us has a different biological profile and physiological history, hence an individual response.*

Course duration

In general, courses last 3–4 months.

Some clinical studies have lasted nearly a year.

Note that the neuroprotective effects of *hericium erinaceus* are generally felt after a few weeks of use.

How to use

It seems preferable to take it before meals (on an empty stomach).

However, it can be taken after meals in case of gastric acidity.

In fact, it may be interesting to take it in the first half of the day to benefit as much as possible from its effects on the central nervous system and mood.

PREPARATION

Dilute it in coffee (with milk), hot chocolate, a glass of hot water with a spoonful of honey, a smoothie, yogurt, a small porridge, or miso soup. You can also sprinkle it on a salad, according to your taste. In any case, avoid heating the powder above 80°C to keep all the nutrients intact.

My new discovery for preparing Hericium, inspired by the Chinese method:

Simmer Hericium powder for 5 minutes on low heat (max: 70 °C) in the equivalent of a cup of water with whole milk. This gentle simmering helps release both water-soluble and fat-soluble compounds from Hericium powder.

A little extra: for good taste and to enhance the effects, I add a pinch of turmeric, pepper, and a spoonful of honey. Or, sometimes, a pinch of powdered ginger and a spoonful of honey. This also makes a delightful hot drink :)

STORAGE

Store in a cool, dark place for up to 12 months.

CONCLUSION

The above information has been collected and grouped to guide you in using hericium powder as a dietary supplement.

For any questions, you can contact me at: hello@floydfungi.ch

Other scientific and culinary information will gradually arrive on the mushroom web page:
<https://floydfungi.ch/en/hericium-erinaceus/>

FloydFungi.ch

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