

Hericium erinaceus: A Guide for Responsible Consumption

LION'S MANE – Hericium erinaceus

The FloydFungi Commitment:

Produced 100% in French-speaking Switzerland, our Lion's Mane is guaranteed free of any additives. Our cultivation strictly follows **organic standards** throughout its entire cycle, from mycelium to fruit body (carpophore). Full details can be found at:

<https://floydfungi.ch/en/cultivation/>

A Respectful Transformation Process:

To preserve all nutritional qualities and active compounds, the mushroom is dehydrated at a low temperature (35°C) for 18 hours. It is then pulverized in short cycles (to prevent overheating) to break down the chitin cell walls, making its properties **biologically accessible** to your body.

Important Note (Disclaimer):

In Switzerland, Hericium erinaceus is classified as a food product. FloydFungi acts as a producer and in no way replaces the advice of a physician or therapist. This document is provided for informational purposes only and does not constitute a medical prescription.

Lion's Mane is one of nature's treasures, prized for its exceptional virtues (discover its detailed benefits on our [dedicated page](#)). Because it is a **genuinely active food**, its use deserves a few guidelines for an optimal experience. Here are our recommendations for responsible consumption:

KNOWN INTERACTIONS AND PRECAUTIONS FOR USE

Although Hericium is a safe edible mushroom, its active compounds may interact with certain physiological conditions or ongoing medications. As a precautionary measure, particular attention is recommended in the following cases:

- **Blood Sugar Regulation:** Studies suggest that Hericium may influence carbohydrate metabolism. If you are taking anti-diabetic medication, it is advised to monitor your blood sugar levels closely, as an additive effect may occur [1] [2] [3].
- **Blood Fluidity:** Due to the presence of hericenone B, which can modulate platelet aggregation, consumption is not recommended for individuals on anticoagulant or antiplatelet medication [4].

- **Surgical Procedures:** As a precaution, it is recommended to stop consuming Hericium two weeks before and after any scheduled surgical intervention.
- **Pregnancy and Breastfeeding:** In the absence of sufficient scientific data regarding these specific periods, use is discouraged as a simple safety measure.
- **Allergies:** This product is not recommended for individuals with a known allergy to mushrooms.
- **Nervous System Support (Antidepressants and Anxiolytics):** While Hericium is recognized for its beneficial effects on cognitive health and emotional balance, no negative interactions with standard antidepressant or anxiolytic treatments have been reported in scientific literature to date. However, as a precautionary principle and for the optimal monitoring of your well-being, we recommend informing your doctor about your **use of this functional food.**

SPECIFIC CONTRA-INDICATIONS AND THE NGF FACTOR

Hericium erinaceus is unique because its active compounds (hericenones and erinacines) stimulate the natural production of **Nerve Growth Factor (NGF)**. While this is beneficial for the majority of users, this stimulation is not recommended in certain conditions where NGF levels are already abnormally high.

As a safety measure, the consumption of Hericium is contra-indicated in the following cases:

- **Neuropathic Pain and Fibromyalgia:** NGF plays a role in transmitting pain signals. An increase in NGF levels could heighten pain sensitivity or burning sensations in individuals prone to fibromyalgia [5][16][17] or peripheral neuropathies [9][10].
- **Specific Urinary Disorders:** Elevated levels of NGF have been observed in cases of Interstitial Cystitis (Painful Bladder Syndrome) [13][14] or overactive bladder [15]. Hericium could potentially worsen discomfort in these situations.
- **PCOS (Polycystic Ovary Syndrome):** Some research indicates that high levels of NGF in the ovaries may be involved in the development of cysts [6][7][8]. As a precaution, Hericium is discouraged for women with this condition.
- **Severe Chronic Allergies:** NGF can increase the reactivity of mast cells (cells involved in allergic reactions) [11][12]. In cases of severe allergies or hypersensitivity, Hericium could potentially exacerbate symptoms.

POTENTIAL SIDE EFFECTS

Hericium erinaceus is generally very well tolerated by the human body. However, as with any food rich in specific fibers and active compounds, some minor effects may be observed, particularly during the introductory phase:

- **Mild Digestive Issues:** In rare cases, bloating, gas, or increased bowel movements may occur at first. This is usually due to the **prebiotic action** of polysaccharides on your gut flora.
 - **Tip:** Reduce your portion by half for a few days to allow your microbiota time to adapt.
- **Skin Sensations (Pruritus):** Some users report mild skin itching without a visible rash. This is often linked to the increase in Nerve Growth Factor (NGF), which stimulates the nerve endings in the skin.
 - **Note:** If this effect persists or becomes uncomfortable, it is advised to suspend consumption.
- **Individual Sensitivity:** As with any natural product, hypersensitivity is always possible. If you observe any unusual reaction (swelling, hives), stop consumption immediately.

ABSENCE OF PSYCHOTROPIC EFFECTS

It is important to clear up any confusion: although *Hericium erinaceus* is a mushroom that acts on the nervous system, it is **absolutely not psychotropic**.

- **No Hallucinogenic Substances:** *Hericium* contains no traces of psilocybin or psilocin. Its consumption does not lead to any alteration of perception, artificial euphoria, or any "high" effect.
- **Action on Mental Clarity:** Its effects on the brain are structural and trophic in nature (via the NGF factor). Users generally report improved concentration, greater mental clarity, and a reduction in "brain fog," without any impact on consciousness or lucidity.
- **Daily Safety:** Consuming *Hericium* powder is perfectly compatible with driving a vehicle, precision work, or any activity requiring normal attention.

FREQUENTLY OBSERVED USAGE

Hericium erinaceus is not a medicine, but a **functional food**. Therefore, there is no "mandatory" standardized intake. However, scientific literature and user experience suggest the following common practices:

1. Suggested Quantities (As a General Guide):

- **Daily Support:** 2 to 3 grams per day (approximately one teaspoon).
- **Intensive Program:** 2 to 4 grams per day (one heaped teaspoon).
- **Initial Boost (Short-term):** Up to 6–8 grams per day (2 to 3 teaspoons) for a maximum of 2 weeks.

2. Duration and rhythm:

- **Progressive Introduction:** It is highly recommended to start with a small portion (0.5 g) for the first few days to allow your digestive system to adjust.
- **Consistency:** The effects on the nervous system are generally observed over the long term. Typical programs last between 3 and 4 months in cycles. Some clinical studies have even extended for nearly a year of uninterrupted use.
- **Timeline of Effects:** Unlike immediate stimulants, the neuroprotective and cognitive effects of *Hericium erinaceus* are deep-acting. NGF stimulation and associated neuronal regeneration take time. The first noticeable benefits usually appear after several weeks of regular use. This is why **perseverance is key** to the success of your program.
- **When to Consume:** Preferably in the morning or early in the day, on an empty stomach or about 20 minutes before a meal for optimal absorption.

FloydFungi Preparation Tips

To fully enjoy the properties of your powder, here are our recommendations:

- **The "Mushroom Latte":** Mix your mushroom into a milky coffee, tea, or hot chocolate for a smooth, creamy texture.
- **Smoothies & Porridges:** Stir the powder directly into your cold or lukewarm breakfast preparations.
- **In the Kitchen:** Sprinkle over your dishes at the end of cooking (soups, sauces, risottos). Its subtle woody and nutty flavor blends in easily.

The "FloydFungi Traditional Method" (Inspired by Chinese Herbalism):

This is the most effective method for maximizing the assimilation of active compounds (both hydrophilic and lipophilic):

- **Combine:** Pour your portion of powder into the equivalent of one cup of water mixed with milk (milk fats are essential for carrying certain key molecules).
- **Heat:** Gently heat the mixture in a saucepan until it simmers (take care not to exceed 70°C). This light heating "pre-processes" the mushroom, aids dissolution while stirring, and optimizes bioavailability for your digestion.

Wellness & Gourmet Variations

To enhance the flavor and complement the effects, you can add the following to your warm drink:

- **The "Anti-ox" Option:** A pinch of turmeric, a pinch of black pepper (for turmeric absorption), and a spoonful of honey.
- **The "Tonic" Option:** A pinch of ginger powder and a spoonful of honey.

These blends create a divine beverage, ideal for your morning routine.

STORAGE

Preferably store in a cool place, away from light. Keeps for up to 12 months.

CONCLUSION

This information has been compiled to guide you in integrating *Hericium* powder into your **daily diet**.

Any questions? Contact us at: <mailto:hello@floydfungi.ch>

Find the latest scientific developments at:

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

FloydFungi.ch

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