



G E T A G O O D O N E

al baraka mushrooms

AL BARAKA MUSHROOMS

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PRODUCT BROCHURE

GSTIN : 33IJEPS1652B1ZF



Lion's Mane Mushroom.,



Lion's mane mushrooms are large, white, shaggy mushrooms that resemble a lion's mane as they grow. They contain bioactive substances that have many beneficial effects on the body, especially the brain, heart, and gut.

Could protect against dementia

The brain's ability to grow and form new connections typically declines with age, which may explain why mental functioning worsens in many older adults Trusted Source

Studies have found that lion's mane mushrooms contain two special compounds that can stimulate the growth of brain cells: hericenones and erinacines Trusted Source

Additionally, animal studies have found that lion's mane may help protect against Alzheimer's disease, a degenerative brain disease that causes progressive memory loss.

In fact, lion's mane mushroom and its extracts have been shown to reduce symptoms of memory loss in mice, as well as prevent neuronal damage caused by amyloid-beta plaques, which accumulate in the brain during Alzheimer's disease

Helps relieve mild symptoms of depression and anxiety

Up to one-third of people living in developed countries experience symptoms of anxiety and depression

While there are many causes of anxiety and depression, chronic inflammation could be a major contributing factor.

Researchers believe that improved hippocampus functioning may explain the reductions in anxious and depressive behaviors in mice receiving these extracts.

May speed recovery from nervous system injuries

The nervous system consists of the brain, spinal cord, and other nerves that travel throughout the body. These components work together to send and transmit signals that control almost every bodily function.

Brain or spinal cord injuries can cause various adverse medical outcomes. They often cause paralysis or loss of mental functions and can take a long time to heal.

However, research has found that lion's mane mushroom extract may help speed recovery from these types of injuries by stimulating the growth and repair of nerve cellsTrusted Source. It may also help reduce the severity of brain damage after a stroke.

rotects against ulcers in the digestive tract

Ulcers can form anywhere along the digestive tract, including the stomach, small intestine, and large intestine.

Two major factors typically cause stomach ulcers: overgrowth of the bacteria *H. pylori* and damage to the mucous layer of the stomach that's often due to long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs)Trusted Source.

Lion's mane extract may protect against the development of stomach ulcers by inhibiting the growth of *H. pylori* and protecting the stomach lining from damage

Several older studies have found that lion's mane extract can prevent the growth of *H. pylori* in a test tube

Lion's mane extract can also reduce inflammation and prevent tissue damage in other intestinal areas. In fact, they may help treat inflammatory bowel diseases like ulcerative colitis and Crohn's disease.

Reduces risk of heart disease

Major risk factors for heart disease include the following:

- obesity
- high triglycerides
- large amounts of oxidized cholesterol
- an increased tendency to get blood clots

SELLER BANK ACCOUNT DETAILS:-	
Bank Name : TamilNad Mercantile Bank	A/C No : 230150050800563
A/C Name : AL BARAKA MUSHROOMS	IFSC Code : TMBL0000230
A/C Type : Current Account.	SWIFT Code : TMBLINBB

