

**To:** BRITT L. ANDERSON([pctrademarks@perkinscoie.com](mailto:pctrademarks@perkinscoie.com))  
**Subject:** U.S. Trademark Application Serial No. 90742266 - SHROOMBOOM - 143131.4000  
**Sent:** May 25, 2023 10:55:45 AM EDT  
**Sent As:** [tmng.notices@uspto.gov](mailto:tmng.notices@uspto.gov)

---

## Attachments

[screenshot-www-shroomboom-com-16850220392471](#)  
[screenshot-www-shroomboom-com-the-boom-16850221836851](#)  
[screenshot-www-shroomboom-com-search-16850228036021](#)  
[screenshot-shop-fantasticfungi-com-products-fantastic-mushroom-tea-botanical-powder-16847028209951](#)  
[screenshot-shop-fantasticfungi-com-collections-supplements-168470292208816905410](#)  
[7044667](#)  
[7014008](#)  
[6982006](#)  
[6960876](#)  
[6960897](#)  
[7000037](#)  
[7010657](#)  
[7022634](#)  
[7052962](#)  
[7036065](#)  
[7057299](#)  
[screenshot-www-avon-com-category-health-and-wellness-16846088873861](#)  
[screenshot-www-avon-com-category-skin-care-16846089307461](#)  
[screenshot-www-avon-com-category-bath-and-body-16846089882391](#)  
[screenshot-www-avon-com-category-bath-and-body-16846089882392](#)  
[screenshot-www-doterra-com-US-en-c-supplements-16846090891711](#)  
[screenshot-www-doterra-com-US-en-c-personal-care-16846091259561](#)  
[screenshot-hammernutrition-com-collections-supplements-16846092128611](#)  
[screenshot-hammernutrition-com-collections-body-care-16846092411971](#)  
[screenshot-www-herbalife-com-our-products-core-nutrition-16846092756491](#)  
[screenshot-www-herbalife-com-our-products-specialized-nutrition-16846092993041](#)  
[screenshot-www-herbalife-com-our-products-skin-and-hair-care-16846093242761](#)  
[screenshot-www-nowfoods-com-products-supplements-16846093637171](#)  
[screenshot-www-nowfoods-com-products-beauty-health-16846094233151](#)  
[screenshot-www-paulaschoice-com-skin-care-products-supplements-16846095543691](#)  
[screenshot-www-paulaschoice-com-skin-care-products-16846095840701](#)  
[screenshot-www-perriconemd-com-collections-supplements-list-16846097539981](#)  
[screenshot-www-perriconemd-com-skincare-list-16846097947621](#)  
[screenshot-www-perriconemd-com-skincare-list-16846098431051](#)  
[screenshot-www-swansonvitamins-com-supplements-16846099862881](#)  
[screenshot-www-swansonvitamins-com-skin-care-16846100142271](#)

screencapture-www-dirteaworld-com-pages-why-mushrooms-16846978797221  
screencapture-www-azurestandard-com-azure-life-blog-health-benefits-dried-mushrooms-1hTfwZlmZlAHWzgL-16846979470641  
screencapture-www-hsph-harvard-edu-nutritionsource-food-features-mushrooms-16846984887881  
screencapture-www-reviewsout-org-top-5-mushrooms-16846986469081  
screencapture-us-foursigmatic-com-16846988643121  
screencapture-shop-realmushrooms-com-16846989950711  
screencapture-www-intechopen-com-chapters-71993-16846992674621  
screencapture-en-wikipedia-org-wiki-Edible\_mushroom-16847005450731  
7038037  
6811933  
6980943  
7038170  
6934234  
6972183  
6816158  
7022634  
7032530  
6978776  
screencapture-mountainroseherbs-com-catalog-teas-herbal-16847021358601  
screencapture-mountainroseherbs-com-catalog-herbs-spices-mushrooms-16847020940091  
screencapture-mountainroseherbs-com-catalog-herbs-for-health-16847021907531  
screencapture-www-vitaminshoppe-com-search-16847032580961  
screencapture-www-vitaminshoppe-com-search-16847034200371  
screencapture-www-totaltea-com-collections-all-products-16847035803971  
screencapture-www-ecco-verde-com-pukka-16847037253781  
screencapture-www-localhouseofhealth-com-product-category-our-products-health-wellness-holistic-blends-16847041117471  
screencapture-www-localhouseofhealth-com-product-category-our-products-dried-loose-herbs-teas-16847041462541  
screencapture-www-localhouseofhealth-com-16847041855191  
screencapture-www-ithrive-shop-16847042480061  
screencapture-organicindiausa-com-16847043246431  
screencapture-shopullmans-com-brands-bio-nutrition-16847044195451  
screencapture-shop-shroomboom-com-collections-food-16850255792801  
screencapture-shop-shroomboom-com-collections-wellness-16850256155561  
screencapture-shop-shroomboom-com-collections-wellness-16850258130271  
screencapture-shop-shroomboom-com-collections-beauty-16850260093401

**United States Patent and Trademark Office (USPTO)**  
**Office Action (Official Letter) About Applicant's Trademark Application**

**U.S. Application Serial No.** 90742266

**Mark:** SHROOMBOOM

**Correspondence Address:**  
Britt L. Anderson

PERKINS COIE LLP  
3150 Porter Dr.  
Palo Alto CA 94304 UNITED STATES

**Applicant:** SHROOMBOOM, INC.

**Reference/Docket No.** 143131.4000

**Correspondence Email Address:** pctrademarks@perkinscoie.com

## REQUEST FOR RECONSIDERATION AFTER FINAL ACTION DENIED

**Issue date:** May 25, 2023

**Applicant's request for reconsideration is denied.** See 37 C.F.R. §2.63(b)(3). The trademark examining attorney has carefully reviewed applicant's request and determined the request did not: (1) raise a new issue, (2) resolve all the outstanding issue(s), (3) provide any new or compelling evidence with regard to the outstanding issue(s), or (4) present analysis and arguments that were persuasive or shed new light on the outstanding issue(s). TMEP §§715.03(a)(ii)(B), 715.04(a).

Accordingly, the following refusal made final in the Office action dated November 7, 2022 is **maintained and continued**:

- **Final Refusal Under Section 2(d)**

See TMEP §§715.03(a)(ii)(B), 715.04(a).

Applicant's arguments with regard to the refusal under Section 2(d) are addressed below.

### *Similarity of Marks*

Applicant's mark is identical to the registered mark, and because these marks are identical in appearance, sound, and meaning, they "have the potential to be used . . . in exactly the same manner." *In re i.am.symbolic, llc*, 116 USPQ2d 1406, 1411 (TTAB 2015), *aff'd*, 866 F.3d 1315, 123 USPQ2d 1744 (Fed. Cir. 2017). Additionally, because they are identical, these marks are likely to engender the same connotation and overall commercial impression when considered in connection with applicant's and registrant's respective goods. *Id.*

Applicant submits that in the context of the goods, the marks have different commercial impressions. Without evidence, applicant contends that the term BOOM in registrant's mark connotes a boost or improved benefits from the nutritional supplements, "which is to improve bodily health." while when used in connection with applicant's skincare products, the term is suggestive of "making one's skin flourish and thrive such that it makes a significant impact." Essentially, applicant argues that for registrant's goods, the mark means to boost health while in the other it is to make an impact on one's skin and appearance.

Simply put, the argument applicant is putting forth for distinguishing the mark as used in connection with the class 3 goods versus registrant's class 5 goods is not persuasive. First, there is no evidence of

record to support this contention. Second, it seems that the connotation that applicant is suggesting from the term BOOM in both cases has a similar meaning, i.e., intending to improve something or give one boost - whether for bodily health or from skin care. Moreover, the marks are not BOOM, but SHROOMBOOM, and even when viewed in the context of the goods, there can be no question that the marks are indeed identical.

With regard to the classes 29 and 30 goods, applicant indicates that the term BOOM is "suggestive of the suddenness of the effects such products have on consumers' energy levels, waking them up and providing immediate focus," while registrant's goods provide a "long-term, incremental result." Applicant's attempt to distinguish the effect of one set of goods from the other seems tenuous at best, and moreover, it is unlikely that consumers are going to spend much time thinking through these potential and rather superficial distinctions in order to differentiate one source from the other where the marks - in their entireties - are identical.

Again, the marks at issue are not BOOM, but rather SHROOMBOOM, and the likelihood of confusion comparison must be made with regard to the marks in their entireties. And, again, there can be no question that the marks are identical; therefore, it is difficult to see how such marks can be perceived as creating different commercial impressions - regardless of the goods on which they are used. Applicant's own website makes clear the importance and power of mushrooms for "a plethora of purposes" - which include those applicant has attributed to registrant's goods (see attached). Accordingly, when viewing the identical marks in the context of both applicant's and registrant's goods, the marks do indeed engender the same meaning and overall commercial impression.

In sum, applicant's mark is identical in appearance, sound, connotation and overall commercial impression to registrant's mark.

#### *Relatedness of Goods*

Applicant's goods are highly related to the goods of registrant. As demonstrated by evidence attached to the current actions as well as to the prior actions, the goods in question are related to the extent that the circumstances surrounding their marketing are such that they could easily give rise to the mistaken belief that they are provided by a single source. *Coach Servs., Inc. v. Triumph Learning LLC*, 668 F.3d 1356, 1369, 101 USPQ2d 1713, 1722 (Fed. Cir. 2012) (quoting *7-Eleven Inc. v. Wechsler*, 83 USPQ2d 1715, 1724 (TTAB 2007)); TMEP §1207.01(a)(i); see *Made in Nature, LLC v. Pharmavite LLC*, 2022 USPQ2d 557, at \*44 (TTAB 2022) (quoting *In re Jump Designs LLC*, 80 USPQ2d 1370, 1374 (TTAB 2006)).

Applicant is correct that there is no *per se* rule when it comes to whether or not goods are indeed sufficiently related such that their marketing will lead to a likelihood that purchasers will mistakenly believe the goods are provided by a single source. On the other hand, case law is clear that the greater the degree of similarity between the applied-for mark and the registered mark, the lesser the degree of similarity between the goods and/or services of the parties is required to support a finding of likelihood of confusion. *Made in Nature, LLC v. Pharmavite LLC*, 2022 USPQ2d 557, at \*44 (TTAB 2022) (quoting *L'Oreal S.A. v. Marcon*, 102 USPQ2d 1434, 1440 (TTAB 2012)); *In re C.H. Hanson Co.*, 116 USPQ2d 1351, 1353 (TTAB 2015) (citing *In re Opus One Inc.*, 60 USPQ2d 1812, 1815 (TTAB 2001)); *In re House Beer, LLC*, 114 USPQ2d 1073, 1077 (TTAB 2015); TMEP §1207.01(a). Thus, here, where the marks are *identical*, the fact that the goods are not the same does not obviate a finding of confusion. See *In re Country Oven, Inc.*, 2019 USPQ2d 443903, at \*5 (TTAB 2019) (citing *In re i.am.symbolic, llc*, 116 USPQ2d 1406, 1411 (TTAB 2015), *aff'd*, 866 F.3d 1315, 123 USPQ2d 1744

(Fed. Cir. 2017)); TMEP §1207.01(a); *see also In re Shell Oil Co.*, 992 F.2d 1204, 1207, 26 USPQ2d 1687, 1689 (Fed. Cir. 1993). The evidence of record clearly establishes that the goods of applicant are related to those of registrant, and because the marks are *identical*, there can be no doubt that confusion as to the source of such goods is indeed likely.

However, applicant argues the goods in question are not related or marketed in such a way that they would be encountered by the same class of purchasers in situations which would create the mistaken belief that they originate from the same source - despite the fact that the marks are identical - and, therefore, confusion is not likely. In support of this, applicant cites an opposition decision, namely, *Vital Pharmaceuticals, Inc., v. Conrad J. Kronholm, Jr.*, 99 USPQ2d 1708 (TTAB 2011), where the Trademark Trial and Appeal Board (hereafter "the Board") found that, even though the marks were identical, there was no likelihood of confusion where the goods in question were cosmetics and nutritional supplements.

It is important to note that while the Board did indeed find that there was no likelihood of confusion, the decision did *not* find that the goods were *not* related. Rather, the decision made clear that there was *insufficient evidence* in the record to demonstrate the relatedness of the goods, i.e., that they were sold through the same channels of trade, complimentary, or likely to be purchased together. The decision was very clear that there was no evidentiary support on which to conclude that consumers would assume that the goods in question were made by a single entity, or sold under a single mark so that "we could conclude that consumers would assume that these different products emanate from a single source." In sum, the Board found that, *based on the evidence of record*, "opposer has failed to meet the burden of proving likelihood of confusion." *Id* at 1712.

In contrast, the evidence of record in the instant case clearly establishes that the same companies do indeed manufacture or provide both applicant's class 3 goods and the goods of the registrant, and that a single mark is often used on both sets of goods. Applicant is referred to the material attached to the Final Office action of November 7, 2022 which also demonstrates that such goods are indeed sold through the same channels of trade, to the same class of purchasers.

More specifically, with regard to the class 3 goods, applicant submits that it is undeniable that the goods at issue are "not of the same categorization of goods," i.e., that consumers "will naturally make the distinction between the goods," even if they are provided by the same retailer under the identical mark. Again, applicant references the decision of the Board in *Vital Pharmaceuticals*, stating that the Board reasoned that the identical marks as used on cosmetics and related goods on the one hand and on nutritional supplements on the other were found unlikely to cause confusion, noting the Board's statement that such goods "on their face" were "distinctly different."

First, the fact that the goods of the parties differ is not controlling in determining likelihood of confusion. The issue is not likelihood of confusion between particular goods, but likelihood of confusion as to the source or sponsorship of those goods. *In re Majestic Distilling Co.*, 315 F.3d 1311, 1316, 65 USPQ2d 1201, 1205 (Fed. Cir. 2003); *In re Shell Oil Co.*, 992 F.2d 1204, 1208, 26 USPQ2d 1687, 1689 (Fed. Cir. 1993); TMEP §1207.01. Moreover, the compared goods need not be identical or even competitive to find a likelihood of confusion. *See On-line Careline Inc. v. Am. Online Inc.*, 229 F.3d 1080, 1086, 56 USPQ2d 1471, 1475 (Fed. Cir. 2000); *Recot, Inc. v. Becton*, 214 F.3d 1322, 1329, 54 USPQ2d 1894, 1898 (Fed. Cir. 2000); TMEP §1207.01(a)(i).

In other words, the fact that the goods are not the same, or even that they are "distinctly different, is not dispositive. What is important is that the evidence establishes that they are "related in some manner

and/or if the circumstances surrounding their marketing are such that they could give rise to the mistaken belief that [the goods] emanate from the same source.” *Coach Servs., Inc. v. Triumph Learning LLC*, 668 F.3d 1356, 1369, 101 USPQ2d 1713, 1722 (Fed. Cir. 2012) (quoting *7-Eleven Inc. v. Wechsler*, 83 USPQ2d 1715, 1724 (TTAB 2007)); TMEP §1207.01(a)(i); see *Made in Nature, LLC v. Pharmavite LLC*, 2022 USPQ2d 557, at \*44 (TTAB 2022) (quoting *In re Jump Designs LLC*, 80 USPQ2d 1370, 1374 (TTAB 2006)). Here, the evidence of record does indeed establish that the goods are *related* for purposes of the likelihood of confusion analysis.

Again, it is worth reiterating that the Board in *Vital Pharmaceuticals* did *not* make a specific finding with regard to the relatedness of the goods in that case, i.e., the Board did not find that the goods were unrelated. Rather, the Board's decision made clear that the evidence of record did not meet the burden of establishing the relatedness of those goods, i.e., the opposer failed to meet the burden of proving likelihood of confusion. *Vital Pharmaceuticals* at 1712. Here, that burden has been met. The evidence attached to the current action as well as to the prior actions (comprised of material from the internet as well as registrations from this Office's database) clearly show that one entity is likely to use a single mark on both cosmetic-related goods as well as on supplements. Such evidence also shows that these goods may be used in connection with one another and that they are sold through the same channels of trade to the same class of purchasers.

Accordingly, the fact that registrant does not use its mark on cosmetic-related goods, nor the fact that its class 3 goods do not compete with or have the same purpose as the goods of applicant, do not weigh against a finding of confusion in this case. The evidence demonstrates that the goods are indeed related such that the circumstances of their marketing are likely to give rise to the mistaken belief that they emanate from the same source.

With regard to the goods in classes 29 and 30, applicant argues that the goods are "so distant" from registrant's goods that there is "no practical market overlap" and that "it is undeniable that the goods at issue are not of the same categorization of goods." Moreover, applicant submits that the "very nature of the such goods renders them separate and distinct from each other in any and all outlets that offer both types of products." Applicant goes on to argue that consumers seeking the goods of applicant have different motivations and considerations than those seeking registrant's goods and that such goods have "a completely different purpose." In support of this argument, applicant contends that even when "near-identical marks" have been used on goods more similar than those in question, a likelihood of confusion was not found, citing *In re White Rock Distilleries, Inc.*, 92 USPQ2d 1282 (TTAB 2009).

Again, the fact that the goods are different and have different purposes or uses is not the issue. The issue is one of relatedness. And here, again, the evidence of record establishes that applicant classes 29 and 30 goods are related to the goods listed in the cited registration.

Furthermore, in *In re White Rock Distilleries*, the Board found that the prominent design feature and the term TERZA in the register mark served to visually distinguish that mark, TERZA VOLTA, from applicant's mark VOLTA. In fact, the decision states that the term TERZA "clearly dominates over the term VOLTA in the registered mark as TERZA appears in large bold letters above VOLTA." As such, the Board found that the respective marks were not similar in appearance, nor similar in sound, and when viewed in their entirety, the marks engendered different commercial impressions. Accordingly, the lack of similarity of the marks in that case weighed in favor of the applicant. *In re White Rock* at 1284. Thus, contrary to applicant's contention, this decision does not weigh in favor of the current applicant whose mark is *identical* to the mark of registrant, i.e., there are no features or elements which distinguish one mark from the other in this case.

It should also be noted that the Board in *In re White Rock* made clear that "it is sufficient that the goods are related in some manner, or that the circumstances surrounding their marketing are such that they would be likely to be encountered by the same persons in situations that would give rise, because of the marks used thereon, to a mistaken belief that they originate from or are in some way associated with the same source or that there is an association or connection between the sources of the respective goods." *Id.* at 1285. And similar to the decision in *Vital Pharmaceuticals*, the examining attorney failed to establish that the applicant's goods and registrant's goods were actually related. Thus, the Board held that confusion was unlikely because "the marks are too dissimilar and the goods have not been shown to be related." *Id.*

Here, as noted above, the marks are not just similar, but identical, and the evidence does indeed establish that the goods are related. And in fact, evidence of record clearly contradicts applicant's assertion that the goods are quite "distant" and with completely different purposes. That is, attached material shows that various types of mushrooms - including processed mushrooms - have health benefits and are utilized as ingredients in nutritional supplements as well as used for human consumption in various forms. Additionally, the material submitted with the prior actions demonstrates that the class 29 goods (dried edible mushrooms and processed mushrooms) and registrant's nutritional supplements are provided by a single entity under a single mark.

Similarly, tea - including herbal teas - are often used for health reasons and even as nutritional and dietary supplements; as such teas are often sold in connection with supplements of various kinds. This is more than amply evidenced by the attached material which, in addition to material attached to the prior actions, demonstrates that a single entity commonly uses a single mark on both sets of goods, i.e., on teas as well as on supplements. Thus again, applicant's contention that the goods are "distant" and do not have the same purposes is contradicted. Rather, for both the class 29 and the class 30 goods, such goods have the same or similar purpose as those of registrant. Simply put, the goods are not at all distant or distinct from one another. In fact, the evidence of record establishes that there is indeed a practical market overlap, that such goods are sold in connection with one another, through the same channels of trade to the same class of purchasers. In short, the evidence of record establishes that applicant's goods are highly related to the goods of registrant.

Finally, applicant contends that the goods at issue are sold under separate sections on retail websites and that this is evidence that the goods are not related or complementary. Again, merely because the goods are different and potentially categorized under separate headings, is not evidence of a lack of relatedness. Such material does show that the goods in question are sold through a single website by a single entity and under a single mark, and often sold together, for the same or similar purposes, to the same class of consumers. Furthermore, on applicant's own website, it has goods which appear to crossover or overlap from both the "Food" category and the "Beauty" category to the "Wellness" category (see attached). For example, *Earth & Star* has goods in both "Wellness" and "Beauty," while *North Spore* has goods in both "Food" and "Wellness." In fact, these goods seem to be the same or very similar, i.e., edible mushrooms are both a food item and a supplement. Similarly, *The Chaga* has goods in both "Food" and "Wellness" - and actually the identical goods are in both, i.e., Masala Chai is both a tea or food item as well as a supplement. Thus, not only does such material evidence that the goods at issue are indeed related, sold through the same channels of trade, encountered by the same class of purchasers, but that they overlap and that the distinction between them is not as clearly delineated as applicant claims. In fact, the evidence of record - including applicant's own website - definitively demonstrates that applicant's goods and registrant's goods are indeed highly related.

In sum, it bears repeating that where the marks are identical, the degree of similarity or relatedness between the goods needed to support a finding of likelihood of confusion declines. *See In re Country Oven, Inc.*, 2019 USPQ2d 443903, at \*5 (TTAB 2019) (citing *In re i.am.symbolic, llc*, 116 USPQ2d 1406, 1411 (TTAB 2015), *aff'd*, 866 F.3d 1315, 123 USPQ2d 1744 (Fed. Cir. 2017)); TMEP §1207.01(a); *see also In re Shell Oil Co.*, 992 F.2d 1204, 1207, 26 USPQ2d 1687, 1689 (Fed. Cir. 1993). Therefore, here, where the record clearly establishes that the goods are related, and the marks are identical, confusion as to the source of those goods is likely.

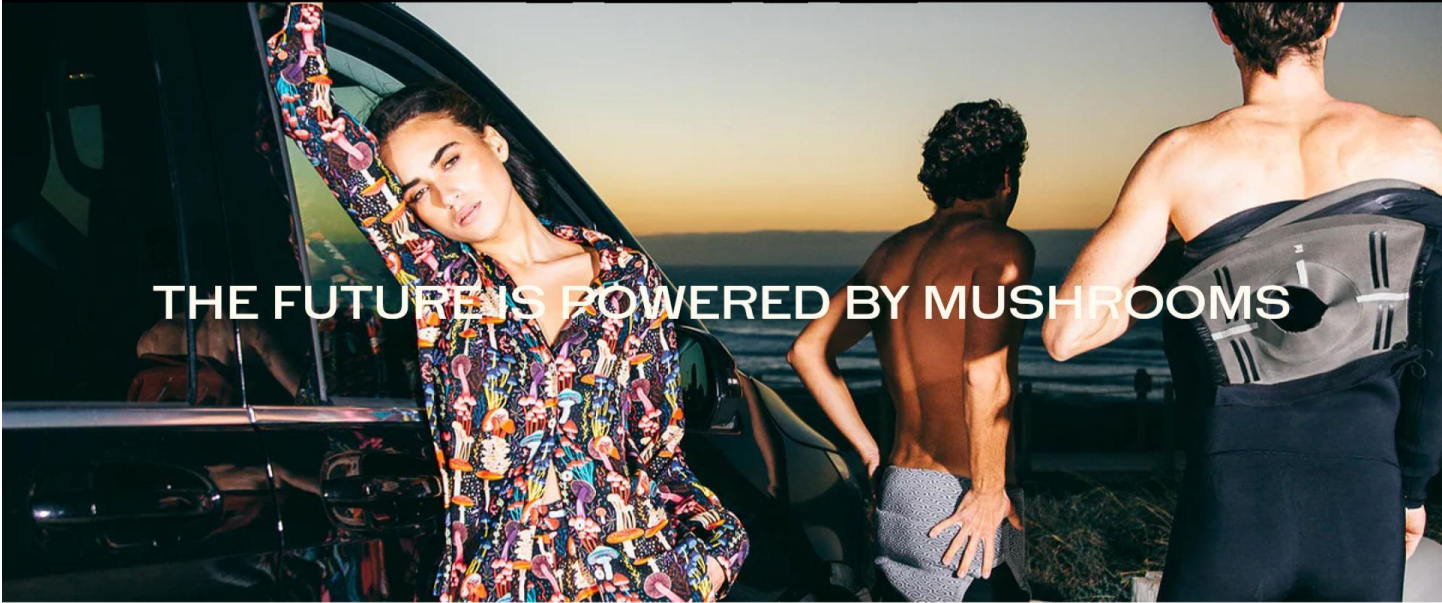
Accordingly, **the final refusal under Section 2(d) is maintained.**

**If applicant has already filed an appeal** with the Trademark Trial and Appeal Board, the Board will be notified to resume the appeal. *See* TMEP §715.04(a).

**If applicant has not filed an appeal** and time remains in the response period for the final Office action, applicant has the remainder of that time to (1) [file another request for reconsideration](#) that complies with and/or overcomes any outstanding final requirement(s) and/or refusal(s), and/or (2) [file a notice of appeal](#) to the Board. TMEP §715.03(a)(ii)(B).

/Susan K. Lawrence/  
Susan Kastriner Lawrence  
Trademark Examining Attorney  
Law Office 116  
(571) 272-9186  
Sue.Lawrence@USPTO.GOV





THE FUTURE IS POWERED BY MUSHROOMS

READ MORE ABOUT US

READ + SHOP + FORAGE + READ + SHOP .



THIS WEEK'S  
**Dig Into The Boom**



WELLNESS  
Naughty by Nature  
🕒 2 MINUTE READ



CULTURE  
How to Safely Forage for Mushrooms  
🕒 3 MINUTE READ



PLANET  
Fungi-Fueled Innovation: Plastic-Eating Mo  
🕒 2 MINUTE READ

MORE ARTICLES

THIS WEEK'S  
**Editor-Approved Picks**



**FOURFEELS**  
La Juventud Collagen Builder  
\$40 USD



**FUNGIRL**  
Mushpit Bar, 5-Pack  
\$40 USD



**EARTH & STAR**  
Functional Mushroom Daily Gummy  
\$25 USD



**LA DETRESSE X SHROOMBOOM**  
Summer Trip Sweatpant  
\$225 USD

SHOP ALL

NEWS HEADLINES AROUND THE WORLD

# Shroom Times



MARCH 24, 2023  
THE NEW YORK TIMES

These Mushrooms Are Not for Eating



MARCH 16, 2023  
THE GUARDIAN

Oyster mushrooms expected to break down toxins and microplastics in cigarette butts in Australian trial



MARCH 7, 2023  
ROLLING STONE

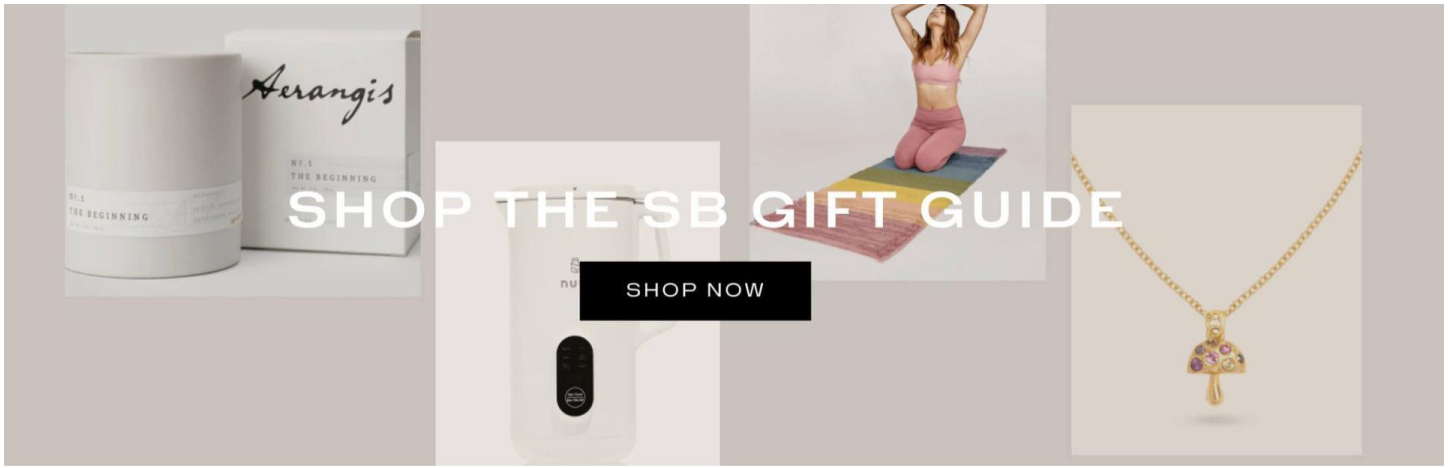
'The Last of Us' Fungus Won't Make You a Zombie. Here's How the Mushrooms Might Actually Make You Healthier



MARCH 6, 2023  
BBC

The mushrooms you can wear build with





## How Mushrooms Are Saving The Planet





FASHION

Mushrooms for Spring? ...Groundbreaking!

🕒 3 MINUTE READ

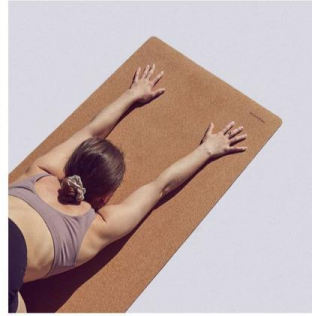
## Purge Plastic From Your Home For Under \$100



SEEK BAMBOO  
Eco-Friendly Toothpaste  
\$26USD



BAMBU EARTH  
Bambu Earth Tea Tree Facial Bar  
\$25 USD



ANADAY  
Anaday Cork Yoga Mat  
\$88USD



SEEK BAMBOO  
Reusable Cotton Pads  
\$17 USD

SHOP ALL

WELCOME TO THE FUTURE

# UTURE ⊖ FORAGE THE FUTUR

## SHOP

---

SHOP ALL  
BEAUTY  
WELLNESS  
FOOD  
FASHION  
HOME

## READ

---

THE BOOM

## CONNECT

---

CONTACT  
CAREERS  
IN THE PRESS  
RETURNS & EXCHANGES  
SHIPPING INFO



## SUBSCRIBE TO THE BOOM

ENTER YOUR EMAIL

---

SUBSCRIBE

© 2022 Shroomboom. All Rights Reserved. [Terms](#) [Privacy Policy](#)





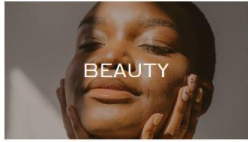
SUBSCRIBE

---

# Shroomboom™



[HOME](#) [READ THE BOOM](#) [SHOP](#) [CONNECT](#)



## The Latest





WELLNESS

## Naughty by Nature

Mushroom-infused lubes are helping people have the best sex of their lives.

Modern humans weren't the first to discover the myriad benefits of fungi; mushrooms have been utilized throughout history for a plethora of purposes. One of the latest inventions to rely on the power of 'shrooms, however, is definitely novel: Enter mushroom lube.

Yes, you read that right. Various 'shrooms are now being added into plant-based personal lubricants for their pleasure-enhancing properties. Familiar fungi, such as tremella, cordyceps, and shiitake, are cropping up in lubes to help increase blood flow, moisture, and even stamina. This makes sense because tremella is known for its hydrating properties, cordyceps is believed to improve endurance, and shiitake has energizing properties. Ingesting such mushrooms in order to boost libido has

READ MORE

## Other Shroomboom Stories





CULTURE

### How to Safely Forage for Mushrooms

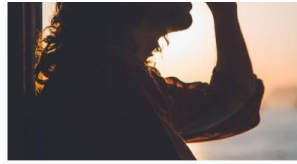
🕒 3 MINUTE READ



PLANET

### Fungi-Fueled Innovation: Plastic-Eating Mold

🕒 2 MINUTE READ



HEALTH

### Can Magic Mushrooms Cure Long COVID?

🕒 2 MINUTE READ



BEAUTY

### Freshly Foraged: Pai Tri-Mushroom Super-Soothing Booster

🕒 1 MINUTE READ



HEALTH

### The 'Shroomy Secret to a Long Life

🕒 2 MINUTE READ



CULTURE

### The Little-Known History of the Mushroom Lamp

🕒 3 MINUTE READ



FOOD

### Spring's Most Sought-After 'Shrooms

🕒 2 MINUTE READ



HEALTH

### A 'Shroom a Day Keeps Memory Loss at Bay

🕒 1 MINUTE READ

LOAD MORE >

---

## Beauty News



BEAUTY

Freshly Foraged: Pai Tri-Mushroom Super-Soothing Booster

🕒 1 MINUTE READ



BEAUTY

Freshly Foraged: Herbar Skin Pearls

🕒 2 MINUTE READ



BEAUTY

Save Face, Reduce Waste

🕒 2 MINUTE READ

[READ ALL BEAUTY ARTICLES](#)

---

# Wellness News



WELLNESS

Naughty by Nature

🕒 2 MINUTE READ



WELLNESS

Dry Out With These 'Shroomy Mocktails

🕒 3 MINUTE READ



WELLNESS

Freshly Foraged: Earth & Star Immune Gummies

🕒 1 MINUTE READ

[READ ALL WELLNESS ARTICLES](#)

## Food News



FOOD

Spring's Most Sought-After 'Shrooms

🕒 2 MINUTE READ



FOOD

Mushrooms on the Menu: Thanksgiving Edition

🕒 2 MINUTE READ



FOOD

Mushrooms on the Menu: Sleepy Pumpkin Latte

🕒 1 MINUTE READ

[READ ALL FOOD ARTICLES](#)

---

## Fashion News



FASHION

Freshly Foraged: Nick Fouquet x Made With Reishi™

🕒 3 MINUTE READ



FASHION

Mushrooms for Spring? ...Groundbreaking!

🕒 3 MINUTE READ



FASHION

Spring's Much-Hyped Psychedelic Fashion Have Finally Sprung Into Stores

🕒 5 MINUTE READ

[READ ALL FASHION ARTICLES](#)

---

G E N



## Culture News



CULTURE

How to Safely Forage for Mushrooms



CULTURE

The Little-Known History of the Mushroom Lamp



CULTURE

Meet the Newest Species of Magic Mushroom

[READ ALL CULTURE](#)

# FORAGE THE FUTURE FORA

## SHOP

---

SHOP ALL  
BEAUTY  
WELLNESS  
FOOD  
FASHION  
HOME

## READ

---

THE BOOM

## CONNECT

---

CONTACT  
CAREERS  
IN THE PRESS  
RETURNS & EXCHANGES  
SHIPPING INFO



## SUBSCRIBE TO THE BOOM

ENTER YOUR EMAIL

---

SUBSCRIBE



What are you foraging for?



## SEARCH RESULTS

No matching results.

### About Shroomboom

SHROOMBOOM is a wellness and lifestyle brand that is utilizing the power of mushrooms to promote the health and well-being of people and the planet. Our mission is to accelerate the global transition to a circular economy through a focus on mushrooms and other sustainable plant-based technologies as a catalyst. We are currently recruiting exceptional talent. If you are interested in joining a fast-growing team and making people and the planet healthier, please review and apply.

# ⊖ FORAGE THE FUTURE ⊖ FO

## SHOP

---

SHOP ALL  
BEAUTY  
WELLNESS  
FOOD  
FASHION  
HOME

## READ

---

THE BOOM

## CONNECT

---

CONTACT  
CAREERS  
IN THE PRESS  
RETURNS & EXCHANGES  
SHIPPING INFO



## SUBSCRIBE TO THE BOOM

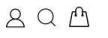
ENTER YOUR EMAIL

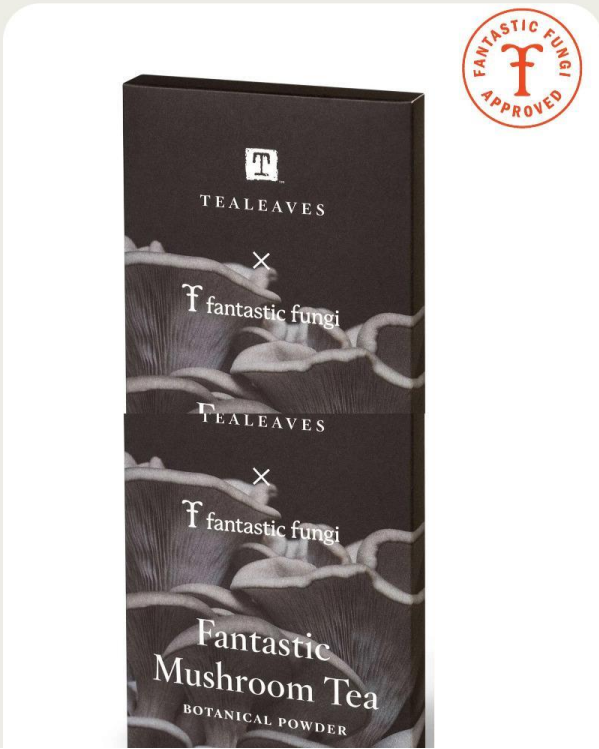
---

SUBSCRIBE

Free Shipping on orders over \$49! (some exclusions apply)

**f** fantastic fungi





Fantastic Fungi • Coffee, Tea & Hot Chocolate

## Fantastic Mushroom Tea

★★★★★ 8 REVIEWS

Savor the moment with our limited-edition botanical powder blend created in partnership with renowned luxury tea company, TEALEAVES. Each sip is filled with the world's most revered mushrooms, deepening your connection to nature while rejuvenating your mind, body, and spirit.

**Aroma:** Warming fragrance, slightly earthy

**Palate:** Delicate umami meets robust spices

**Purpose:** Restore mind, body, and spirit

**Ingredients:** Organic red reishi, organic cordyceps, organic lion's mane, organic ginger, organic turmeric, organic cinnamon, cardamom, clove, and nutmeg

Caffeine Free

Net Weight: 30 grams; makes 8-10 servings

ONE-TIME \$12.99

SUBSCRIBE EVERY 4 WEEKS ▾ \$11.69

- 1 +

ADD TO CART

Pay in 4 interest-free installments for orders over **\$50.00** with [shop Pay](#) [Learn more](#)



## Why It's Fantastic

This fantastic foraged mushroom tea is a functional way to incorporate the therapeutic properties of fungi into your wellness routine.\* Herbal teas and extractions are among the oldest and most traditional ways to consume mushrooms and other nutritious botanicals.



## The Perfect Cup of Tea

Scoop one teaspoon of botanical powder.

Add a splash of hot water and whisk.

Top up with milk or an alternative.

Sweeten with honey to taste.



## Key Ingredients

### **Organic Cordyceps:**

Adaptogenic mushroom that promotes stamina, endurance and energy.\* Popular among athletes and those who want to maintain an active lifestyle, Cordyceps' use dates back to imperial China.\* In the wild, these orange mushrooms grow on caterpillars, but we only offer products made with cultivated, vegan Cordyceps.

### **Organic Lion's Mane:**

A tasty nootropic mushroom that supports the brain – including memory, focus and nerve health.\* Native to Europe, Asia and North America, Lion's Mane is a large, shaggy white mushroom that somewhat resembles a brain (and a lion's mane, of course). In addition to cognitive well-being, Lion's Mane also supports gut and immune health.\*

### **Organic Red Reishi:**





Reishi mushroom is known as the "mushroom of immortality" and the queen of mushrooms. It is an adaptogen that supports a healthy response to stress, as well as a tonic that promotes longevity and healthy aging.\* Used for over 4,000 years, Reishi supports healthy sleep and rest, as well as immune health.\*



## Reviews

★★★★★ 8 Reviews  
[1 QUESTION | 1 ANSWER](#)



[WRITE A REVIEW](#)

[ASK A QUESTION](#)

[Reviews \(8\)](#) [Questions \(1\)](#)

 Donna S. Verified Buyer

03/14/23

★★★★★  
Mushroom tea

My husband and I both enjoy this tea! You only need a small amount of the mushroom powder to make a cup and we really like the flavor. You can add honey or lemon or cream, but we find it is good just by itself!



Share |

Was This Review Helpful? 3 2



Emily M. Verified Buyer

03/02/23



**Great tasting tea!**

It's so convenient and nourishing to have this tea! Makes me feel great and I know the quality and potency is high because I feel better during and after consuming! Thanks for gathering great products!!



Share |

Was This Review Helpful? 2 1



Susan S. Verified Buyer

04/11/23



**great tea!!!**

I found the tea to be refreshing, calming, and flavorful!

Share |

Was This Review Helpful? 0 0



Louis S. Verified Buyer

12/22/22



**I never knew you could**

I never knew you could make a delicious tea from mushrooms.

Share |

Was This Review Helpful? 4 0



Mike B. Verified Buyer

04/15/23



Product as advertised  
Product as advertised

Share |

Was This Review Helpful? 0 0

< 1 2 >

### More products you'll love, from brands we trust.

<p>Gratitude Mushroom Drops Fantastic Fungi \$24.99</p>		<p>Mushroom Hot Chocolate Mix Real Mushrooms \$24.95</p>		<p>Turkey Tail Astragalus Toasted Maple Herbal Coffee Teecino \$15.99</p>		<p>Masala Chai with Chaga Six Servings (3 Pack) The Chaga Company \$30.00</p>	<p>Immunity Peak Stat \$16.00</p>

[FantasticFungi.com](#)

[Our Story](#)

[Giving Back](#)

[Mushroom Blog](#)

[Refund policy](#)

[Terms of Service](#)

[FAQs](#)

[Mushroom Personality Quiz](#)

[Affiliates](#)

[Wholesale](#)

\*For educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. We recommend that you reach out to a general practitioner or certified herbalist with any questions you may have about working with herbs and check the contraindications of any plant before consuming.

contraindications of any plant before consuming.

© 2023 Fantastic Fungi Shop. Powered by Shopify



[Terms and Conditions](#) [Privacy Policy](#)

Cart



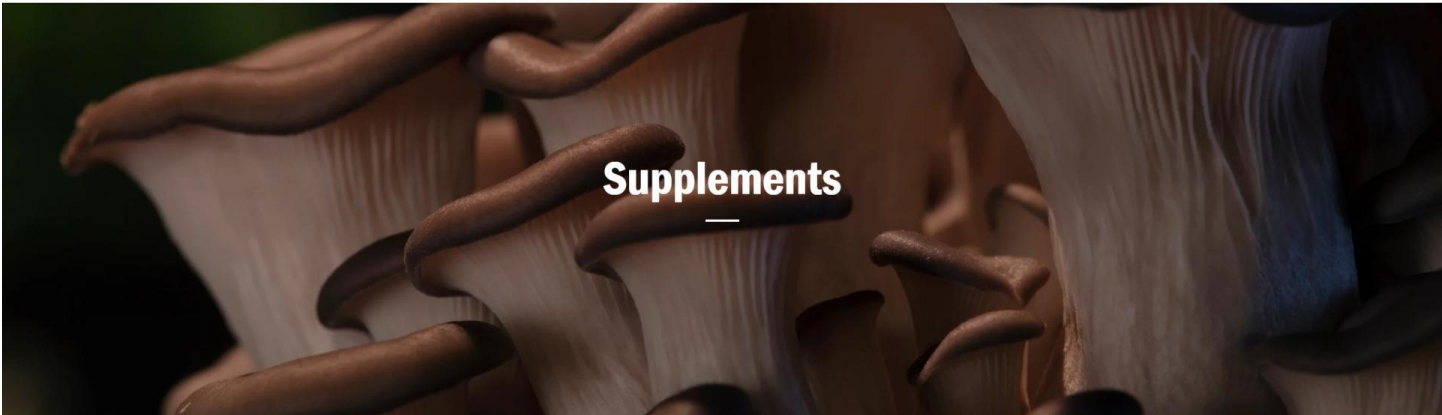


Your cart is empty.

Free Shipping on orders over \$49! (some exclusions apply)

The logo for 'fantastic fungi' features a stylized, red, serif letter 'F' on the left, followed by the words 'fantastic fungi' in a lowercase, red, serif font.





# Supplements

Brand: All

Benefit: All

Format: All

Mushroom: All

Sort by: Best selling





Gratitude Mushroom Drops  
 Fantastic Fungi  
 \$24.99



Mindful Mushroom Drops  
 Fantastic Fungi  
 \$24.99



Beauty Mushroom Drops  
 Fantastic Fungi  
 \$24.99



Chill Mushroom Drops  
 Fantastic Fungi  
 \$24.99



Energy Mushroom Drops  
 Fantastic Fungi  
 \$24.99



Immunity Mushroom Drops  
 Fantastic Fungi  
 \$24.99



Fantastic Fungi Mushroom Drops Bundle  
 Fantastic Fungi  
 \$120.00 ~~\$149.94~~



Rise & Shine Bundle  
 Fantastic Fungi  
 \$67.50 ~~\$74.97~~





Glow Girl Bundle  
Fantastic Fungi  
\$67.50 ~~\$74.97~~



Day-to-Night Bundle  
Fantastic Fungi  
\$67.50 ~~\$74.97~~



Travel Trio Bundle  
Fantastic Fungi  
\$67.50 ~~\$74.97~~



Beauty Sleep Bundle  
Fantastic Fungi  
\$67.50 ~~\$74.97~~



Armor Up Bundle  
Fantastic Fungi  
\$67.50 ~~\$74.97~~



Mojo Microdose Soft Chews  
Mojo  
\$29.99



OMFG Brain Health Gummies  
Noble Spore  
\$28.00



Advanced Immune Power Capsules  
Plant People  
\$29.99



OMFG Immunity Gummies  
Noble Spore

11:11 Tincture  
Fungi

Magnificent Mushrooms Extract Powder  
RASA

Reishi Calm Capsules  
Mushroom Perfect

nootro spore  
\$28.00



Shroomy Nootropic Adaptogen Mushroom Gummies - Travel Pack  
Shroomy  
\$15.00

raindo  
\$49.00



Alchemi Energy Balance Capsules  
Alchemi Mushrooms  
\$34.00

KABA  
\$30.00



X Culture Shroom Drops - Cinnilla  
Shroomworks  
\$36.99

mushroom revival  
\$34.95



La Juventud Collagen Builder  
Fourfeels  
\$30.00

[FantasticFungi.com](#)  
[Our Story](#)  
[Giving Back](#)  
[Mushroom Blog](#)

[FAQs](#)  
[Mushroom Personality Quiz](#)  
[Affiliates](#)  
[Wholesale](#)

\*For educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. We recommend that you reach out to a general practitioner or other health care professional for more information.

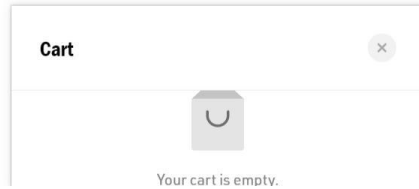
[Refund policy](#)  
[Terms of Service](#)

or certified herbautist with any questions you may have about working with herbs and check the contraindications of any plant before consuming.

© 2023 Fantastic Fungi Shop. Powered by Shopify



[Terms and Conditions](#) [Privacy Policy](#)



(4) STANDARD CHARACTER MARK

THEAMAZINGKIND

**Mark Punctuated**

THEAMAZINGKIND

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Bar soap; Body and beauty care **cosmetics**; Non-medicated skin care creams and lotions; Skin soap; Skin moisturizers used as **cosmetics**. FIRST USE: 20191111. FIRST USE IN COMMERCE: 20191111
- IC 005. US 005 006 018 044 046 051 052.G & S: **Nutritional supplements**; Muscle-rub preparations for the relief of pain; Sports cream for relief of pain. FIRST USE: 20191111. FIRST USE IN COMMERCE: 20191111

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97083603

**Filing Date**

20211020

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20220906

**Registration Number**

6905410

**Date Registered**

20221122

**Owner**

(REGISTRANT) The Amazing Kind, LLC DBA The Amazing Kind LIMITED LIABILITY COMPANY CALIFORNIA 550 Boulder Cir Claremont CALIFORNIA 91711

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**

(4) STANDARD CHARACTER MARK

CHOZEN ROOTZ

**Mark Punctuated**

CHOZEN ROOTZ

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: **Cosmetics** and cosmetic preparations; hair care preparations; non-medicated skin care preparations. FIRST USE: 20211101. FIRST USE IN COMMERCE: 20211101
- IC 005. US 005 006 018 044 046 051 052.G & S: **Dietary and nutritional supplements**. FIRST USE: 20220101. FIRST USE IN COMMERCE: 20220101

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97117192

**Filing Date**

20211110

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A;1B

**Publication for Opposition Date**

20221101

**Registration Number**

7044667

**Date Registered**

20230502

**Owner**

(REGISTRANT) Tasha-Gay Whyte INDIVIDUAL BAHAMAS Suite 100N 300 Colonial Center Parkway Roswell GEORGIA 30076 (REGISTRANT) Felicia Sands INDIVIDUAL UNITED STATES Suite 100N 300 Colonial Center Parkway Roswell GEORGIA 30076

**Priority Date**

**Disclaimer Statement**

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "ROOTS" APART FROM THE MARK AS SHOWN

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Keesonga Gore

Print: Sat May 20 2023

97117459

(4) STANDARD CHARACTER MARK

HEALTHY, BALANCED SKIN  
BEGINS WITH TULA

**Mark Punctuated**

HEALTHY, BALANCED SKIN BEGINS WITH TULA

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: **Cosmetics**; non-medicated skin care creams and lotions; non-medicated toiletries; skin soap; non-medicated skin, eye and anti-aging serum; non-medicated skin toners; skin masks; non-medicated body care soaps, lotions, gel, and preparations. FIRST USE: 20220330. FIRST USE IN COMMERCE: 20220330
- IC 005. US 005 006 018 044 046 051 052.G & S: **Nutritional supplements**; probiotic supplements; medicated skin care preparations. FIRST USE: 20220330. FIRST USE IN COMMERCE: 20220330

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97117459

**Filing Date**

20211110

**Current Filing Basis**

**1A**

**Original Filing Basis**

1B

**Publication for Opposition Date**

20220503

**Registration Number**

7014008

**Date Registered**

20230328

**Owner**

(REGISTRANT) Tula Life, Inc. CORPORATION DELAWARE 228 Park Avenue S., PMB 23606 New York  
NEW YORK 10003

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**



TRADEMARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**  
Christina L. Winsor

(5) WORDS, LETTERS, AND/OR NUMBERS IN STYLIZED FORM



**Mark Punctuated**

OTX

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Cosmetic creams for skin care; **Cosmetics**. FIRST USE: 20221129. FIRST USE IN COMMERCE: 20221129
- IC 005. US 005 006 018 044 046 051 052.G & S: Mineral food **supplements; Nutritional supplements;** Vitamins. FIRST USE: 20221129. FIRST USE IN COMMERCE: 20221129

**Mark Drawing Code**

(5) WORDS, LETTERS, AND/OR NUMBERS IN STYLIZED FORM

**Design Code**

**Serial Number**

97033479

**Filing Date**

20210917

**Current Filing Basis**

**1A**

**Original Filing Basis**

1B

**Publication for Opposition Date**

20220726

**Registration Number**

6982006

**Date Registered**

20230214

**Owner**

(REGISTRANT) OTx Care LLC LIMITED LIABILITY COMPANY FLORIDA 10710 NW 66th St, Suite 305 Doral FLORIDA 33178

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

The color(s) black and blue is/are claimed as a feature of the mark. The mark consists of The mark consists of

the stylized text "OTX" with a smaller "x". The letters "OT" are in black, and the letter "x" is in blue.

**Type of Mark**  
TRADEMARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**

(4) STANDARD CHARACTER MARK

Booty Perfect

**Mark Punctuated**  
BOOTY PERFECT

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: **Cosmetics**; Cosmetic preparations; Cosmetic preparations, namely, firming creams. FIRST USE: 20161006. FIRST USE IN COMMERCE: 20161006
- IC 005. US 005 006 018 044 046 051 052.G & S: **Dietary and nutritional supplements**. FIRST USE: 20160921. FIRST USE IN COMMERCE: 20160921

**Mark Drawing Code**  
(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**  
97111472

**Filing Date**  
20211105

**Current Filing Basis**  
**1A**

**Original Filing Basis**  
1A

**Publication for Opposition Date**  
20221108

**Registration Number**  
6960876

**Date Registered**  
20230124

**Owner**  
(REGISTRANT) Meliora LLC LIMITED LIABILITY COMPANY IDAHO #345 967 E. Parkcenter Blvd  
Boise IDAHO 83706

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**  
TRADEMARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**  
Erica L. Tritt

(4) STANDARD CHARACTER MARK

DON'T SHED ON ME

**Mark Punctuated**

DON'T SHED ON ME

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Non-medicated topical liquids and spray for conditioning pet skin and hair; skin cream and **skin lotion** for pets; and non-medicated skin and hair care preparations for pets. FIRST USE: 20100726. FIRST USE IN COMMERCE: 20100911
- IC 005. US 005 006 018 044 046 051 052.G & S: Pet products, namely, pet food **supplements, nutritional supplements** for pets, vitamin and mineral **supplements; nutritional supplements** for pets in the nature of pet treats; **dietary and nutritional supplements** in the nature of pet treats used for weight control for pets; **dietary supplements** for pets in the nature of pet treats; pet products, namely, veterinary preparations, namely, antioxidants; medicated topical liquids and spray for treating pet skin or hair conditions; topical analgesics for pets; topical anesthetics for pets; topical first aid liquids and sprays for pets. FIRST USE: 20100726. FIRST USE IN COMMERCE: 20100911

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97115487

**Filing Date**

20211109

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20221108

**Registration Number**

6960897

**Date Registered**

20230124

**Owner**

(REGISTRANT) Ark Naturals Company CORPORATION DELAWARE c/o WHITELAW LEGAL GROUP  
3838 Tamiami Trail North, Suite 310 Naples FLORIDA 34103

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Jennifer Whitelaw

(4) STANDARD CHARACTER MARK

Someone Loves You

**Mark Punctuated**

SOMEONE LOVES YOU

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Cologne; **Cosmetics**; Make-up; Mascara; Perfumes; Shampoos; After-shave lotions; Aromatic oils; non-medicated bath salts; Beauty masks; **Body wash**; Breath freshening sprays; Cosmetic creams; Cosmetic pencils; Cosmetic preparations for baths; Cosmetic preparations for skin care; Deodorant soap; Dry shampoos; Essential oils; Extracts of flowers being perfumes; Eyebrow **cosmetics**; Eyebrow pencils; Eyelash extensions; False eyebrows; False eyelashes; False nails; Hair lotions; Hair spray; Lip glosses; Lotions for cosmetic purposes; Make-up powder; Make-up removing preparations; Make-up preparations; Massage creams; Massage gels other than for medical purposes; Massage lotions; Massage oil; Nail art stickers; Nail care preparations; Nail polish; Nail varnish; Pet shampoos; Scented linen water; Sunscreen preparations; Artificial eyelashes; Beauty soap; Body deodorants; Cosmetic massage creams; Cosmetic oils; Cosmetic preparations for eyelashes; Eye make-up; **Facial cleansers**; Facial make-up; Foundation make-up; Non-medicated hair treatment preparations for cosmetic purposes; Non-medicated cosmetic soap; Perfume oils; Personal deodorants; Scented oils; **Skin cleansers**; Skin soap; Feminine hygiene cleansing towelettes. FIRST USE: 20150315. FIRST USE IN COMMERCE: 20150315
- IC 005. US 005 006 018 044 046 051 052.G & S: Hygienic bandages, namely, bandages for dressings; **Nutritional supplements**; **Protein dietary supplements**; Vitamin preparations; Disinfectants for hygienic purposes; Feminine hygiene pads. FIRST USE: 20220130. FIRST USE IN COMMERCE: 20220130

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97254757

**Filing Date**

20220207

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20221227

**Registration Number**

7000037



**Date Registered**

20230314

**Owner**

(REGISTRANT) RAYSACO LLC LIMITED LIABILITY COMPANY FLORIDA 610 Clematis St. #406 West Palm Beach FLORIDA 33401

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

(4) STANDARD CHARACTER MARK

NaturalSlim

**Mark Punctuated**

NATURALS LIM

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: **Cosmetics**; Dentifrice; Perfume; Bleaching preparations for laundry use; Collagen preparations for cosmetic purposes; Collagen preparations for **cosmetics** purposes; Essential oils; Essential oils for personal use; Face creams for cosmetic use; Gels for cosmetic purposes; Hair care lotions; Hair lotions; Skin care preparations, namely, skin peels; Skin care preparations, namely, body balm; Bath soaps; Beauty gels; Beauty lotions; Cosmetic creams; Cosmetic creams for skin care; Cosmetic preparations for skin care; Eau de perfume; Eye gels; Eye lotions; Face creams; Facial beauty masks; Lotions for face and body care; Non-medicated soaps; Perfumery, essential oils; Skin creams; Skin lotions. FIRST USE: 19990000. FIRST USE IN COMMERCE: 19990000
- IC 005. US 005 006 018 044 046 051 052.G & S: Calcium **supplements**; **Dietary supplements**; **Dietary food supplements**; Food supplements; Health food supplements; Herbal supplements; Homeopathic supplements; Mineral **supplements**; **Mineral nutritional supplements**; Natural herbal **supplements**; **Nutritional supplements**; Prebiotic supplements; Probiotic **supplements**; **Protein dietary supplements**; Vitamin supplements; Weight management supplements. FIRST USE: 19990000. FIRST USE IN COMMERCE: 19990000

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97270017

**Filing Date**

20220216

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20230110

**Registration Number**

7010657

**Date Registered**

20230328

**Owner**

(REGISTRANT) Metabolic Technology Center, Corp CORPORATION PUERTO RICO 262 Ave Pinero San Juan PUERTO RICO 00918

**Priority Date****Disclaimer Statement****Description of Mark****Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Nyall Engfield

(4) STANDARD CHARACTER MARK

TEAMI

**Mark Punctuated**

TEAMI

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Facial beauty masks; facial scrubs; skin cleansers; eye cream; facial oils; collagen preparations for cosmetic purposes; moisturizing preparations for the skin; facial moisturizers; moisturizing creams; non-medicated skin care preparation, namely, body mist; skin care preparation, namely, body polish; gels for cosmetic purposes; make-up remover; non-medicated skin care preparations. FIRST USE: 20170500. FIRST USE IN COMMERCE: 20170500
- IC 005. US 005 006 018 044 046 051 052.G & S: Probiotic supplements; prebiotic supplements; nutritional supplement in the nature of a nutrient-dense, protein-based drink mix; powdered nutritional supplement drink mix containing protein, vitamins, anti-oxidants, electrolyte; dietary food supplements. FIRST USE: 20181200. FIRST USE IN COMMERCE: 20181200
- IC 021. US 002 013 023 029 030 033 040 050.G & S: Drinking glasses, namely, tumblers; pitchers; tea infuser; cosmetic brushes; bottle cleaning brushes. FIRST USE: 20141000. FIRST USE IN COMMERCE: 20141000
- IC 030. US 046.G & S: Matcha; tea. FIRST USE: 20131210. FIRST USE IN COMMERCE: 20131210
- IC 035. US 100 101 102.G & S: Online retail store services relating to tea, dietary supplements, cosmetics, tea infusers and tumblers. FIRST USE: 20131210. FIRST USE IN COMMERCE: 20131210

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97256263

**Filing Date**

20220207

**Current Filing Basis**

1A

**Original Filing Basis**

1A

**Publication for Opposition Date**

20230124

**Registration Number**

7022634

**Date Registered**

20230411

**Owner**

(REGISTRANT) Teami, LLC LIMITED LIABILITY COMPANY FLORIDA 2400 NE 196th St Miami  
FLORIDA 33180 (LAST LISTED OWNER) TEAMI BLENDS, LLC LIMITED LIABILITY COMPANY  
CALIFORNIA 1155 E. NORTH AVENUE FRESNO CALIFORNIA 93725

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK. SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Oliver Platz

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



**Mark Punctuated**  
VIVORIFIC HEALTH

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Essential Oils; Bath soaps, Loofah soaps, Toilet soaps, Shaving soaps, Liquid bath soaps; Perfumed soaps, Non-medicated cosmetic soap; Non-medicated bath soap in liquid, solid or gel form; Non-medicated soap for babies; Deodorants for body care; Body lotions, Moisturizing body lotions, face and body lotions, scented body lotions and creams, skin and body topical lotions, creams and oils for cosmetic use; Non-medicated lotions for skin, hair, face, body, hair waving; Body mask lotion; Toning lotion, for the face, body, and hands; Aromatic preparations, namely, cream, lotion, body spray; **Cosmetics**; Colognes, perfume and **cosmetics**; and Body and beauty care **cosmetics**. FIRST USE: 20151224. FIRST USE IN COMMERCE: 20151224
- IC 005. US 005 006 018 044 046 051 052.G & S: Multivitamin preparations; Mineral supplements; Mineral food **supplements**; **Mineral dietary supplements**; Vitamin and mineral preparations for medical use; Amino acids for medical or veterinary purposes; Amino acids for nutritional purposes; Herbal extracts for medical purposes; Medicinal herbal extracts for medical purposes; Herbal supplements; Liquid herbal supplements; Natural herbal supplements; Prebiotic **supplements**; **Probiotic supplements**; **Dietary supplements**; **Nutritional supplements**; Protein supplements; Food supplements; Liquid vitamin **supplements**; **Dietary and nutritional supplements** for endurance sports; and **Dietary and nutritional supplements** for enhancing memory and other cognitive function; Medicated soaps, Disinfecting perfumed soaps, Antibacterial hand soaps; Medicated hand soaps, Antibacterial liquid soaps, Medicated liquid soaps; Medicated bath soap in liquid, solid or gel form; Medicated soap for babies; Medicated deodorant soap; Medicated lotions for skin, hair, face, body, sunburn; Medicated **cosmetics**. FIRST USE: 20151224. FIRST USE IN COMMERCE: 20151224

**Mark Drawing Code**

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

**Design Code**

010504

**Serial Number**

97328881

**Filing Date**

20220324

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20230228

**Registration Number**

7052962

**Date Registered**

20230516

**Owner**

(REGISTRANT) Vivorific Health LLC LIMITED LIABILITY COMPANY ILLINOIS 15941 Harlem Ave, Ste 255 Tinley Park ILLINOIS 60477

**Priority Date****Disclaimer Statement**

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "HEALTH" APART FROM THE MARK AS SHOWN

**Description of Mark**

The mark consists of the words "Vivorific Health" and above those words an image of a "sun" with sun rays emitting from the sun.

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Felix A. Gonzalez

(4) STANDARD CHARACTER MARK

CatGiant

**Mark Punctuated**

CATGIANT

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: **Cosmetics** for animals; Deodorants for animals; Non-medicated bath preparations for animals; Non-medicated mouth washes for pets; Non-medicated paw balms for pets; Pet fragrances; Shampoos for animals; Sunscreen preparations for animals. FIRST USE: 20201105. FIRST USE IN COMMERCE: 20201105
- IC 005. US 005 006 018 044 046 051 052.G & S: Animal feed additive for use as a nutritional supplement for medical purposes; Animal feed additives for use as **nutritional supplements**; Animal feed additives, namely, enzymes for use in animal feeds to assist in digestion; Animal feed **supplements**; **Dietary supplements** for animals; Dietetic foods and beverages adapted for medical use; Food supplements; Medicated supplements for foodstuffs for animals; Mineral food supplements; Protein supplements for animals; Vitamins and **dietary food supplements** for animals; Vitamins for animals. FIRST USE: 20201105. FIRST USE IN COMMERCE: 20201105
- IC 031. US 001 046.G & S: Animal beverages; Animal feed; Foodstuffs and beverages for animals; Milk replacers for animals; Pet beverages; Powdered milk for pets. FIRST USE: 20201105. FIRST USE IN COMMERCE: 20201105

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97320583

**Filing Date**

20220319

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20230207

**Registration Number**

7036065

**Date Registered**

20230425



**Owner**

(REGISTRANT) Hatchsun Inc. CORPORATION TEXAS 6827 La Paseo St Houston TEXAS 77087

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

(4) STANDARD CHARACTER MARK

ARAMORE

**Mark Punctuated**

ARAMORE

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: **Cosmetics**; cosmetic creams for skin care; cosmetic preparations for skin renewal; **cosmetics** and cosmetic preparations; moisturizing solutions for the skin; skin fresheners; skin lotions; skin moisturizing gel; skin toners; skin whitening preparations. FIRST USE: 20221120. FIRST USE IN COMMERCE: 20221120
- IC 005. US 005 006 018 044 046 051 052.G & S: **Dietary supplements** for human consumption; **dietary and nutritional supplements**. FIRST USE: 20221120. FIRST USE IN COMMERCE: 20221120

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97975440

**Filing Date**

20210922

**Current Filing Basis**

**1A**

**Original Filing Basis**

1B

**Publication for Opposition Date**

20211214

**Registration Number**

7057299

**Date Registered**

20230516

**Owner**

(REGISTRANT) New Frontier Bio, Inc. CORPORATION DELAWARE Suite 5600 48 Dunham Ridge Beverly MASSACHUSETTS 01915

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**  
Heather E. Balmat

# AVON

[Find a Rep](#) [Sign In](#)  

[SHOP](#) ▾

[FEATURED](#) ▾

[LIVE SHOPPING](#)

[SPECIAL OFFERS](#) ▾

[DIGITAL BROCHURE](#) ▾

[BECOME A REP](#)

[INSIDER BLOG](#) ▾

The Shoppable, Shareable Digital Brochure [START SHOPPING](#)



*Boost your health from within!*

## SAVE UP TO 45%\*

### WELLNESS DUOS

Save a bundle on two skin-nourishing products. It's like getting the second one at **60% off**. Limited quantities.

[Shop Now](#)

\*Offer applies when you create and sign into your account.

[HEALTH & WELLNESS FAQ](#) +

[Home](#) / [Health & Wellness](#)

## Health & Wellness

36 Items

 [Filter by](#)

 [Sort by](#)

### Supplements





Inner Beauty Set

★ 0.0 - Reviews 0

**\$70.76**

\$35.99 with an account

Add to Bag



re:tune Inner Beauty Be Calm

★ 5.0 - Reviews 4

**\$38.00**

\$31.00 with an account

Add to Bag



re:tune Inner Beauty Metabolism Boost

★ 4.3 - Reviews 20

**\$35.00**

\$28.00 with an account

Add to Bag



re:tune Inner Beauty Restful Sleep

★ 4.2 - Reviews 19

**\$25.00**

\$20.00 with an account

Add to Bag



re:tune Inner Beauty Hydration

★ 4.5 - Reviews 26

**\$27.00**

\$22.00 with an account

Add to Bag



re:tune Inner Beauty Hunger Block

★ 4.2 - Reviews 20

**\$31.00**

\$25.00 with an account

Add to Bag



re:tune Inner Beauty Restful Sleep Duo

★ 0.0 - Reviews 0

**\$50.00**

\$28.00 with an account

Add to Bag



re:tune Inner Beauty Clear Complexion Duo

★ 0.0 - Reviews 0

**\$72.00**

\$42.00 with an account

Add to Bag





re:tune Inner Beauty Hydraboo Boost Duo

★ 0.0 - Reviews 0

**\$68.00**

\$39.20 with an account

Add to Bag



re:tune Inner Beauty Be Calm Duo

★ 0.0 - Reviews 0

**\$76.00**

\$39.20 with an account

Add to Bag



re:tune Inner Beauty Hair, Skin and Nail Health Duo

★ 0.0 - Reviews 0

**\$84.00**

\$46.20 with an account

Add to Bag



re:tune Inner Beauty Metabolism Boost Duo

★ 0.0 - Reviews 0

**\$70.00**

\$39.20 with an account

Add to Bag



re:tune Inner Beauty Hunger Block Duo

★ 0.0 - Reviews 0

**\$62.00**

\$35.00 with an account

Add to Bag



re:tune Inner Beauty Plant Protein Creamy Vanilla

★ 5.0 - Reviews 5

**\$49.00**

\$39.00 with an account

Add to Bag



re:tune Inner Beauty Plant Protein Rich Chocolate

★ 4.5 - Reviews 8

**\$49.00**

\$39.00 with an account

Add to Bag



re:tune Inner Beauty Clear Complexion

★ 5.0 - Reviews 2

**\$36.00**

\$30.00 with an account

Add to Bag



re:tune  
HYDRABOO BOOST



re:tune  
BE CALM



re:tune Inner Beauty Hydraboost

★ 5.0 - Reviews 1

**\$34.00**

\$28.00 with an [account](#)

Add to Bag



re:tune Inner Beauty Hair, Skin & Nail Health

★ 5.0 - Reviews 13

**\$42.00**

\$33.00 with an [account](#)

Add to Bag

## Essential Oils



Avon Pure Essential Oil Case

★ 4.9 - Reviews 7

**\$51.00**

\$41.00 with an [account](#)

Add to Bag



Avon Pure Essential Oil Happiness

★ 4.5 - Reviews 2

**\$21.00**

\$17.00 with an [account](#)

Add to Bag



Avon Pure Essential Oil Lavender

★ 4.9 - Reviews 14

**\$28.00**

\$23.00 with an [account](#)

Add to Bag



Avon Pure Essential Oil Sweet Dreams

★ 4.0 - Reviews 3

**\$31.00**

\$25.00 with an [account](#)

Add to Bag





Avon Pure Diffuser

★ 3.3 - Reviews 35

**\$39.00**

~~\$32.00 with an account~~

Add to Bag



Lemon & Happiness 2-Piece Set

★ 0.0 - Reviews 0

**\$38.00**

~~\$19.99 with an account~~

Add to Bag



Avon Pure Ceramic Aroma Diffuser

★ 4.4 - Reviews 9

**\$71.00**

~~\$57.00 with an account~~

Add to Bag



Avon Pure Essential Oil Citronella

★ 0.0 - Reviews 0

**\$24.00**

~~\$19.00 with an account~~

Add to Bag



Avon Pure Essential Oil Lemon

★ 3.5 - Reviews 2

**\$17.00**

~~\$14.00 with an account~~

Add to Bag



Avon Pure Outdoor Friend Roll-on

★ 5.0 - Reviews 1

**\$24.00**

~~\$19.00 with an account~~

Add to Bag



Avon Pure Essential Oil Eucalyptus

★ 4.4 - Reviews 16

**\$21.00**

~~\$17.00 with an account~~

Add to Bag

### Gift & Value Sets





re:tune Inner Beauty Be Calm Duo

★ 0.0 - Reviews 0

**\$76.00**

\$39.20 with an account

Add to Bag



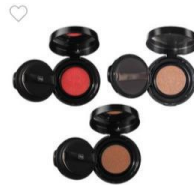
re:tune Inner Beauty Hydraboost Duo

★ 0.0 - Reviews 0

**\$68.00**

\$39.20 with an account

Add to Bag



re:tune Inner Beauty Metabolism Boost Duo

★ 0.0 - Reviews 0

**\$70.00**

\$39.20 with an account

Add to Bag



re:tune Inner Beauty Hunger Block Duo

★ 0.0 - Reviews 0

**\$62.00**

\$35.00 with an account

Add to Bag



re:tune Inner Beauty Hair, Skin and Nail Health Duo

★ 0.0 - Reviews 0

**\$84.00**

\$46.20 with an account

Add to Bag



re:tune Inner Beauty Clear Complexion Duo

★ 0.0 - Reviews 0

**\$72.00**

\$42.00 with an account

Add to Bag



re:tune Inner Beauty Restful Sleep Duo

★ 0.0 - Reviews 0

**\$50.00**

\$28.00 with an account

Add to Bag

Get the best prices + perks when you create an account!

Create Account

#### COMPANY

[About Avon](#)  
[Insider Blog](#)  
[Studio 1886 LA](#)  
[Careers](#)  
[Press](#)  
[Corporate Responsibility](#)  
[Avon Worldwide \(API\)](#)

#### SUPPORT

[Contact Us](#)  
[Frequently Asked Questions](#)  
[Shopping Policies](#)  
[Shipping Policy](#)  
[Return Policy](#)  
[Track My Orders](#)  
[Inventory Alerts](#)

#### POLICIES

[Product Recalls](#)  
[Animal Welfare Policy](#)  
[Supply Chain](#)  
[Terms & Conditions](#)  
[Privacy Statement](#)  
[Credit Card Data Security Commitment](#)

#### THE AVON COMMUNITY

**Sell Avon Today**  
[Find a Rep](#)  
[Learn About Direct Selling](#)  
[Direct Selling Educational Foundation](#)

#### FOLLOW US





The Shoppable, Shareable Digital Brochure [START SHOPPING](#)



## Vegan Makes Perfect Scents!

**NEW! The Face Shop Daily Moment Vegan Hand Cream**  
 Deeply moisturizing, eco-friendly and vegan-certified hand creams in 6 scents.

**ONLY \$3.29\***

[Shop Now](#)

\*Offer applies when you create and sign into your account.

**+ FREE JeJu Aloe Fresh Soothing Gel with select \$20 Face Shop purchase. Limited quantities.**

FIND THE RIGHT SKIN CARE +

[Home](#) / [Skin Care](#)

**Skin Care** ▾

185 Items

 Filter by

 Sort by

### Best Sellers





Avon Solutions Nurtura Replenishing Cream

★ 4.8 - Reviews 1848

**\$10.00**

\$5.49 with an [account](#)

Add to Bag



The Face Shop Rich Hand V Special Care Hand Mask

★ 4.6 - Reviews 8

**\$4.00**

\$3.00 with an [account](#)

**SPECIAL OFFER >**

Add to Bag



Anew Vitamin C Antioxidant Lip Treatment

★ 4.6 - Reviews 602

**\$14.00**

\$7.99 with an [account](#)

Add to Bag



Anew Ultimate Multi-Performance Day Cream SPF 25

★ 4.7 - Reviews 1888

**\$42.00**

\$24.99 with an [account](#)

Add to Bag



Elastine Perfume 2-In-1 Shampoo Love Me

★ 4.4 - Reviews 18

**\$16.00**

\$12.99 with an [account](#)

Add to Bag



The Face Shop Jeju Aloe Soothing Gel

★ 4.8 - Reviews 174

**\$8.00**

\$6.99 with an [account](#)

**SPECIAL OFFER >**

Add to Bag



The Face Shop Rice & Ceramide Trial Kit

★ 3.9 - Reviews 14

**\$8.75**

\$7.20 with an [account](#)

**SPECIAL OFFER >**

Expected by Aug 17

Add to Wait List



The Face Shop Rice Water Bright Cleansing Facial Wipes

★ 4.7 - Reviews 202

**\$11.00**

\$9.00 with an [account](#)

**SPECIAL OFFER >**

Expected by Jul 20

Add to Wait List





Anew Platinum Day Cream  
Broad Spectrum SPF 25

★ 4.7 - Reviews 995

**\$42.00**

[\\$24.99 with an account](#)

Expected by Jun 08

[Add to Wait List](#)

## Cleansers



Isa Knox LXNEW Clean  
Nourishing Cream Cleanser

★ 3.9 - Reviews 89

**\$12.00**

[\\$9.99 with an account](#)

[Add to Bag](#)



The Face Shop Herb Day 365  
Amino Acid Facial Foaming  
Cleanser - Aloe

★ 5.0 - Reviews 2

**\$11.50**

[\\$9.60 with an account](#)

**SPECIAL OFFER >**

[Add to Bag](#)



Isa Knox LXNEW Clean  
Soothing Whipped Oil  
Cleanser

★ 4.7 - Reviews 24

**\$16.00**

[\\$12.99 with an account](#)

[Add to Bag](#)



belif Aqua Bomb Jelly  
Cleanser

★ 4.8 - Reviews 45

**\$35.00**

[\\$30.00 with an account](#)

[Add to Bag](#)

Add to Bag



Isa Knox Anew Clinical Revitalize & Reveal Extra Strength Retexturizing Peel  
★ 4.0 - Reviews 1  
**\$40.00**  
\$23.99 with an [account](#)

Add to Bag

Add to Bag



The Face Shop Rice Water Bright Foaming Cleanser  
★ 4.8 - Reviews 417  
**\$13.00**  
\$11.00 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag

Add to Bag



The Face Shop Rice Water Bright Gentle Exfoliating Cleanser  
★ 4.8 - Reviews 76  
**\$15.99**  
\$12.99 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag

Add to Bag



Isa Knox LXNEW Clean 2-In-1 Exfoliating Cleansing Balm  
★ 4.4 - Reviews 29  
**\$30.00**  
\$24.99 with an [account](#)

Add to Bag



The Face Shop Jeju Aloe Soothing Foam Cleanser  
★ 4.5 - Reviews 37  
**\$11.99**  
\$9.99 with an [account](#)  
**SPECIAL OFFER >**



Farm Rx Super Greens Gel Cleanser Refill  
★ 5.0 - Reviews 3  
**\$37.00**  
\$27.99 with an [account](#)



Farm Rx Super Greens Gel Cleanser  
★ 4.8 - Reviews 36  
**\$25.00**  
\$17.99 with an [account](#)



The Face Shop Herb Day Foaming Cleanser Lemon & Grapefruit  
★ 4.5 - Reviews 21  
**\$5.25**  
\$4.40 with an [account](#)

SPECIAL OFFER >

Add to Bag



The Face Shop Herb Day Foaming Cleanser Mung Bean & Mugwort

★ 4.3 - Reviews 9

\$5.25

\$4.40 with an [account](#)

[SPECIAL OFFER >](#)

Add to Bag



The Face Shop Herb Day Foaming Cleanser Aloe & Green Tea

★ 4.5 - Reviews 36

\$5.25

\$4.40 with an [account](#)

[SPECIAL OFFER >](#)

Add to Bag



Farm Rx Super Greens Cleansing Balm

★ 4.7 - Reviews 12

\$41.00

\$30.99 with an [account](#)

Add to Bag



The Creme Shop Juicy Makeup Removing Wipes - Narwhal

★ 4.8 - Reviews 6

\$10.00

\$8.00 with an [account](#)

Add to Bag



The Face Shop Real Nature Foaming Cleanser - Blueberry

★ 4.7 - Reviews 14

Add to Bag



Avon Skin So Soft for Acne Prone Skin Foaming Cleanser

★ 5.0 - Reviews 2

Add to Bag



belif Aqua Bomb Make Up Removing Cleansing Balm

★ 4.7 - Reviews 3

Add to Bag



The Face Shop Herb Day Cleansing Tissue (20 Sheets)

★ 4.4 - Reviews 11



**\$3.75**  
\$3.00 with an [account](#)

**\$17.00**  
\$12.99 with an [account](#)

**\$46.00**  
\$38.00 with an [account](#)

**\$2.00**  
\$1.60 with an [account](#)  
**SPECIAL OFFER >**

**Add to Bag**

**Add to Bag**

**Add to Bag**

**Add to Bag**



**NEW**



**NEW**



The Face Shop Rice Water  
Bright Light Facial Cleansing  
Oil

★ 0.0 - Reviews 0

**\$14.00**

\$11.99 with an [account](#)

**SPECIAL OFFER >**

The Face Shop Rice Water  
Bright Facial Cleansing Lotion

★ 0.0 - Reviews 0

**\$12.00**

\$9.99 with an [account](#)

**SPECIAL OFFER >**

The Face Shop Herb Day 365  
Amino Acid Facial Cleansing  
Foam - Peony

★ 5.0 - Reviews 5

**\$11.50**

\$9.60 with an [account](#)

**SPECIAL OFFER >**

The Face Shop Rice Water  
Bright Mild Cleansing Water

★ 4.6 - Reviews 10

**\$14.40**

\$12.00 with an [account](#)

**SPECIAL OFFER >**

**Add to Bag**

**Add to Bag**

**Add to Bag**

**Add to Bag**



Physiogel Hypoallergenic



Isa Knox LXNEW Clean



The Face Shop Rice Water

Daily Moisture Therapy  
Dermo-Cleanser for face (5.1  
fl. oz.)

★ 4.7 - Reviews 15  
**\$24.00**  
[\\$18.99 with an account](#)

Add to Bag

Balancing Gel Cleanser

★ 4.7 - Reviews 48  
**\$12.00**  
[\\$9.99 with an account](#)  
Expected by Jul 20

Add to Wait List

Bright Cleansing Facial Wipes

★ 4.7 - Reviews 202  
**\$11.00**  
[\\$9.00 with an account](#)  
**SPECIAL OFFER >**  
Expected by Jul 20

Add to Wait List

## Eye Care



Anew Vitamin C Brightening  
Eye Cream

★ 4.4 - Reviews 149  
**\$34.00**  
[\\$18.99 with an account](#)

Add to Bag



Anew Platinum Eye & Lip  
Cream

★ 4.1 - Reviews 395  
**\$42.00**  
[\\$24.99 with an account](#)

Add to Bag



Farm Rx Bakuchiol Eye  
Cream

★ 4.4 - Reviews 51  
**\$37.00**  
[\\$27.99 with an account](#)

Add to Bag



belif Moisturizing Eye Bomb

★ 4.8 - Reviews 28  
**\$53.00**  
[\\$48.00 with an account](#)

Add to Bag



Anew Multi-Medical  
COLLAGEN BOOSTER



Anew  
ULTIMATE



Anew



Anew



Isa Knox ANEW Clinical Collagen Booster Eye Lift Pro Dual System

★ 4.6 - Reviews 2050

**\$40.00**

\$23.99 with an [account](#)

Add to Bag



Anew Ultimate Multi-Performance Eye System

★ 4.7 - Reviews 425

**\$42.00**

\$24.99 with an [account](#)

Add to Bag



The Face Shop Calendula Essential Moisture Eye Cream

★ 4.5 - Reviews 14

**\$12.50**

\$10.40 with an [account](#)

**SPECIAL OFFER >**

Add to Bag



Isa Knox LXNEW Ultimate Rejuvenating Eye Serum

★ 4.5 - Reviews 65

**\$50.00**

\$39.99 with an [account](#)

Add to Bag



Anew Ultimate Supreme Eye Balm

★ 4.0 - Reviews 25

**\$45.00**

\$26.99 with an [account](#)

Add to Bag



Isa Knox LXNEW Platinum Sculpting Eye Cream

★ 4.4 - Reviews 25

**\$50.00**

\$39.99 with an [account](#)

Add to Bag



Isa Knox LXNEW Ultimate Rejuvenating Balm Stick

★ 4.5 - Reviews 2

**\$24.00**

\$19.99 with an [account](#)

Expected by Aug 17

Add to Wait List

## Lip Care





Anew Platinum Eye & Lip Cream

★ 4.1 - Reviews 395

**\$42.00**

[\\$24.99 with an account](#)

Add to Bag



Anew Vitamin C Antioxidant Lip Treatment

★ 4.6 - Reviews 602

**\$14.00**

[\\$7.99 with an account](#)

Add to Bag



The Creme Shop Overnight Lip Therapy Masque Plumping Peppermint

★ 4.0 - Reviews 4

**\$18.00**

[\\$15.00 with an account](#)

Add to Bag



Isa Knox LXNEW Ultimate Rejuvenating Tinted Lip Balm

★ 1.0 - Reviews 1

**\$25.00**

[\\$19.99 with an account](#)

Available in 2 shades

Select a Shade



The Crème Shop Overnight Lip Therapy Masque Sweet Berries

★ 5.0 - Reviews 7

**\$18.00**

[\\$15.00 with an account](#)

Add to Bag



Anew Vitamin C Overnight Lip Mask

★ 4.8 - Reviews 33

**\$34.00**

[\\$14.99 with an account](#)

Add to Bag

## Moisturizers



Anew Platinum Firm and Sculpt Cream for Neck and Chest

★ 4.6 - Reviews 299

**\$42.00**

[\\$24.99 with an account](#)

Add to Bag



Avon Solutions Nurtura Replenishing Cream

★ 4.8 - Reviews 1848

**\$10.00**

[\\$5.49 with an account](#)

Add to Bag



Physigel Hypoallergenic Daily Moisture Therapy Facial Cream (5.1 fl. oz.)

★ 4.4 - Reviews 10

**\$42.00**

[\\$33.49 with an account](#)

Add to Bag



Mission Luxereve Cream

★ 4.5 - Reviews 23

**\$350.00**

[\\$280.00 with an account](#)

Add to Bag



Anew Ultimate Multi-Performance Night Cream Travel Size

★ 4.6 - Reviews 121

**\$15.00**

[\\$8.99 with an account](#)



Anew Vitamin C Illuminating Priming Moisturizer

★ 4.5 - Reviews 133

**\$34.00**

[\\$18.99 with an account](#)



belif The True Cream Aqua Bomb Aloe

★ 0.0 - Reviews 0

**\$42.00**

[\\$38.00 with an account](#)



Avon Solutions Banishing Cream Skin Discoloration Improver

★ 4.2 - Reviews 736

**\$10.00**

[\\$5.49 with an account](#)

Add to Bag



Isa Knox LXNEW Platinum Sculpting Night Cream

★ 4.5 - Reviews 36

**\$50.00**

~~\$39.99~~ with an [account](#)

Add to Bag



Physiogel Hypoallergenic Calming Relief A.I. Face Cream (3.3 fl. oz.)

★ 4.7 - Reviews 7

**\$42.00**

~~\$33.99~~ with an [account](#)

Add to Bag



belif The True Cream Aqua Bomb

★ 4.9 - Reviews 137

**\$42.00**

~~\$38.00~~ with an [account](#)

Add to Bag



Anew Ultimate Multi-Performance Day Cream SPF 25

★ 4.7 - Reviews 1888

**\$42.00**

~~\$24.99~~ with an [account](#)

Add to Bag



Anew Platinum Night Cream Travel Size

★ 4.6 - Reviews 129

**\$15.00**

~~\$8.99~~ with an [account](#)

Add to Bag



Isa Knox LXNEW Platinum Sculpting Day Cream

★ 4.0 - Reviews 29

**\$50.00**

~~\$39.99~~ with an [account](#)

Add to Bag



Isa Knox Anew Clinical Revitalize & Reveal Advanced Wrinkle Corrector

★ 4.6 - Reviews 748

**\$40.00**

Add to Bag



Anew Platinum Firm and Sculpt Cream for Neck and Chest

★ 4.6 - Reviews 299

**\$42.00**

Add to Bag



Anew Platinum Night Cream

★ 4.7 - Reviews 954

**\$42.00**

~~\$24.99~~ with an [account](#)

Add to Bag



belif The True Cream  
Moisturizing Bomb Travel-  
Size

★ 4.6 - Reviews 27

**\$24.00**

~~\$22.00~~ with an [account](#)

~~\$23.99~~ with an [account](#)



Farm Rx Bakuchiol Cream

★ 4.8 - Reviews 26

**\$44.00**

~~\$32.99~~ with an [account](#)

~~\$24.99~~ with an [account](#)



belif The True Cream Aqua  
Bomb Travel-Size

★ 4.4 - Reviews 22

**\$24.00**

~~\$22.00~~ with an [account](#)

Add to Bag



The Face Shop Rice Water  
Bright Facial Massage Cream

★ 4.8 - Reviews 13

**\$24.00**

Add to Bag



Farm Rx Super Greens  
Cooling Gel

★ 4.7 - Reviews 29

**\$37.00**

Add to Bag



Isa Knox LXNEW Platinum  
Sculpting Day Cream Broad  
Spectrum SPF 30

★ 4.1 - Reviews 36

Add to Bag



Isa Knox LXNEW Platinum  
Sculpting Neck + Chest  
Cream

★ 4.6 - Reviews 20

\$19.00 with an [account](#)  
**SPECIAL OFFER >**

\$27.99 with an [account](#)

**\$50.00**  
\$39.99 with an [account](#)

**\$50.00**  
\$39.99 with an [account](#)

Add to Bag

Add to Bag

Add to Bag

Add to Bag



Farm Rx Super Greens  
Multivitamin Moisture Cream  
★ 4.8 - Reviews 59  
**\$37.00**  
\$27.99 with an [account](#)

Add to Bag



Anew Skinincible Deep  
Recovery Cream  
★ 4.6 - Reviews 204  
**\$40.00**  
\$23.99 with an [account](#)

Add to Bag



Isa Knox LXNEW Ultimate  
Rejuvenating Dual Night  
Cream  
★ 4.6 - Reviews 75  
**\$50.00**  
\$39.99 with an [account](#)

Add to Bag



Farm Rx Amazon Berry  
Smoothing & Firming Body  
Cream  
★ 4.9 - Reviews 14  
**\$25.00**  
\$17.99 with an [account](#)

Add to Bag



The Face Shop Jeju Aloe  
Soothing Gel  
★ 4.8 - Reviews 174



Farm Rx Fruits & Amazon  
Berry Trial Kit  
★ 3.5 - Reviews 2



The Face Shop Rice &  
Ceramide Cream  
★ 4.6 - Reviews 12



belif The True Cream  
Moisturizing Bomb  
★ 4.8 - Reviews 113



**\$8.00**

[\\$6.99 with an account](#)  
**SPECIAL OFFER >**

Add to Bag



The Face Shop Rice & Ceramide Emulsion

★ 4.6 - Reviews 10

**\$8.25**

[\\$6.80 with an account](#)  
**SPECIAL OFFER >**

Add to Bag

**\$19.00**

[\\$12.99 with an account](#)

Add to Bag



Mission Luxereve Lotion

★ 0.0 - Reviews 0

**\$95.00**

[\\$80.00 with an account](#)

Add to Bag

**\$9.25**

[\\$7.60 with an account](#)  
**SPECIAL OFFER >**

Add to Bag



belif Aqua Bomb Hydrating Body Moisturizer

★ 5.0 - Reviews 2

**\$36.00**

[\\$30.00 with an account](#)

Add to Bag

**\$42.00**

[\\$38.00 with an account](#)

Add to Bag



NEW

The Face Shop Calendula Essential Moisture Cream

★ 4.1 - Reviews 15

**\$13.50**

[\\$11.20 with an account](#)  
**SPECIAL OFFER >**

Add to Bag



Farm RX Green Goddess Cream



The Face Shop Jeju Aloe Ice Refreshing Soothing Gel



Anew Platinum Day Cream Broad Spectrum SPF 25



Anew Platinum Regimen Set (\$128 value)

★ 5.0 - Reviews 1  
**\$44.00**  
[\\$32.99 with an account](#)

★ 5.0 - Reviews 35  
**\$11.00**  
[\\$8.99 with an account](#)  
**SPECIAL OFFER >**  
Expected by Aug 03

★ 4.7 - Reviews 995  
**\$42.00**  
[\\$24.99 with an account](#)  
Expected by Jun 08

★ 4.6 - Reviews 288  
**\$128.00**  
[\\$54.99 with an account](#)  
Expected by Jul 06

Add to Bag

Add to Wait List

Add to Wait List

Add to Wait List



Isa Knox LXNEW Ultimate Rejuvenating Day Cream  
★ 4.6 - Reviews 89  
**\$50.00**  
[\\$39.99 with an account](#)  
Expected by Aug 17

Add to Wait List



Isa Knox LXNEW Ultimate Rejuvenating Balm Stick  
★ 4.5 - Reviews 2  
**\$24.00**  
[\\$19.99 with an account](#)  
Expected by Aug 17

Add to Wait List



Anew Ultimate Multi-Performance Night Cream  
★ 4.8 - Reviews 1049  
**\$42.00**  
[\\$24.99 with an account](#)  
Expected by Jun 08

Add to Wait List

## Scrubs & Masks





Anew Vitamin C Warming Peel

★ 4.6 - Reviews 213

**\$27.00**

[\\$15.99 with an account](#)



The Face Shop The Solution Nourishing Sheet Mask

★ 4.6 - Reviews 47

**\$3.00**

[\\$2.50 with an account](#)

**SPECIAL OFFER >**



The Face Shop Rich Hand V Special Care Hand Mask

★ 4.6 - Reviews 8

**\$4.00**

[\\$3.00 with an account](#)

**SPECIAL OFFER >**



belif Aqua Bomb Sleeping Mask

★ 5.0 - Reviews 13

**\$42.00**

[\\$38.00 with an account](#)



Rise and Shine

Watch again



# AVON

[Find a Rep](#) [Sign In](#)  

- [SHOP ▾](#)
- [FEATURED ▾](#)
- [LIVE SHOPPING](#)
- [SPECIAL OFFERS ▾](#)
- [DIGITAL BROCHURE ▾](#)
- [BECOME A REP](#)
- [INSIDER BLOG ▾](#)

The Shoppable, Shareable Digital Brochure [START SHOPPING](#)

## Bug Guard Season is Back!

Enjoy a bug-free summer with our DEET-free, water-resistant repellents that protect against bugs and repel deer ticks.

[Shop Now](#)

MOMS LOVE IT. BUGS DON'T!



 **FREE Bug Guard Cooler Tote Bag** with select two Bug Guard purchases. Limited quantities.

[BATH & BODY FAQ +](#)

[Home](#) / [Bath & Body](#)

**Bath & Body** ▾

270 Items

 [Filter by](#)

 [Sort by](#)

### Best Sellers





Skin So Soft Bug Guard Plus IR3535® Expedition™ Aerosol Spray SPF 28

★ 4.7 - Reviews 499

**\$20.00**

~~\$14.99~~ with an [account](#)

**SPECIAL OFFER >**

Add to Bag



Skin So Soft Bug Guard Plus IR3535® Expedition™ SPF 30 Family Size Pump Spray

★ 4.8 - Reviews 567

**\$24.00**

~~\$17.99~~ with an [account](#)

**SPECIAL OFFER >**

Add to Bag



On Duty Sport Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 442

**\$3.60**

~~\$179~~ with an [account](#)

Add to Bag



Skin So Soft Bonus-Size Soft & Sensual Bath Oil

★ 4.8 - Reviews 351

**\$30.00**

~~\$20.69~~ with an [account](#)

Add to Bag



Avon Senses Lavender Garden Bubble Bath

★ 4.8 - Reviews 479

**\$11.00**

~~\$8.69~~ with an [account](#)

Add to Bag



Véilment Lumière Sunless Tanning Serum Light/Medium

★ 3.8 - Reviews 4

**\$24.00**

~~\$19.99~~ with an [account](#)

Add to Bag



Skin So Soft Bug Guard Plus Picaridin Towelettes

★ 4.8 - Reviews 502

**\$16.00**

~~\$11.69~~ with an [account](#)

**SPECIAL OFFER >**

Add to Bag



Skin So Soft Bug Guard Plus IR3535® Gentle Breeze® SPF 30 Lotion

★ 4.8 - Reviews 979

**\$15.00**

~~\$9.99~~ with an [account](#)

**SPECIAL OFFER >**

Add to Bag





Avon Senses Silky Vanilla Hydrating Shower Gel

★ 4.8 - Reviews 357

**\$6.00**

\$3.69 with an [account](#)

Add to Bag



Véilment Lumière Sunless Tanning Serum Medium/Dark

★ 3.0 - Reviews 2

**\$24.00**

\$19.99 with an [account](#)

Add to Bag



Moisture Therapy Bonus-Size Intensive Healing & Repair Body Lotion

★ 4.9 - Reviews 1020

**\$20.00**

\$13.99 with an [account](#)

Add to Bag

## Bath & Shower



Wild Country Hair and Body Wash

★ 4.7 - Reviews 141

**\$8.00**

\$3.99 with an [account](#)

**SPECIAL OFFER >**



Skin So Soft Bonus-Size Original Bath Oil

★ 4.9 - Reviews 1422

**\$30.00**

\$20.69 with an [account](#)



Skin So Soft Bonus-Size Soft & Sensual Bath Oil

★ 4.8 - Reviews 351

**\$30.00**

\$20.69 with an [account](#)



Skin So Soft Soft & Sensual Bath Oil

★ 4.8 - Reviews 337

**\$24.00**

\$15.99 with an [account](#)

Add to Bag

Add to Bag

Add to Bag

Add to Bag



Skin So Soft Original Shower Gel

★ 4.7 - Reviews 605

**\$8.00**

[\\$5.19 with an account](#)



Skin So Soft Radiant Moisture Shower Gel

★ 4.7 - Reviews 236

**\$8.00**

[\\$5.19 with an account](#)



Skin So Soft Soft & Sensual Shower Gel

★ 4.8 - Reviews 408

**\$8.00**

[\\$5.19 with an account](#)



Skin So Soft Original Bath Oil Spray

★ 4.8 - Reviews 210

**\$14.00**

[\\$8.49 with an account](#)

Add to Bag

Add to Bag

Add to Bag

Add to Bag



Black Suede Hair & Body Wash

★ 4.8 - Reviews 138

**\$8.00**

[\\$3.99 with an account](#)

**SPECIAL OFFER >**



Avon Senses Blushing Cherry Blossom Hydrating Shower Gel

★ 4.7 - Reviews 299

**\$6.00**

[\\$3.69 with an account](#)



Avon Senses Fresh Cucumber & Melon Hydrating Shower Gel

★ 4.8 - Reviews 367

**\$6.00**

[\\$3.69 with an account](#)



Avon Senses Silky Vanilla Hydrating Shower Gel

★ 4.8 - Reviews 357

**\$6.00**

[\\$3.69 with an account](#)

Add to Bag



Avon Senses Juicy Pomegranate & Mango Hydrating Shower Gel  
★ 4.8 - Reviews 311  
**\$6.00**  
~~\$3.69~~ with an [account](#)

Add to Bag

Add to Bag



Avon Senses Lily & Honeysuckle Blossom Bubble Bath  
★ 4.9 - Reviews 352  
**\$11.00**  
~~\$8.69~~ with an [account](#)

Add to Bag

Add to Bag



Avon Senses Lavender Garden Bubble Bath  
★ 4.8 - Reviews 479  
**\$11.00**  
~~\$8.69~~ with an [account](#)

Add to Bag

Add to Bag



Avon Senses Sensitive Skin Bubble Bath  
★ 4.8 - Reviews 454  
**\$11.00**  
~~\$8.69~~ with an [account](#)

Add to Bag



Avon Senses Vanilla Cream Bubble Bath  
★ 4.8 - Reviews 391  
**\$11.00**  
~~\$8.69~~ with an [account](#)



Avon Senses Orange & Honeysuckle Bubble Bath  
★ 4.9 - Reviews 202  
**\$11.00**  
~~\$8.69~~ with an [account](#)



Avon Senses Cherry Blossom Bubble Bath  
★ 4.8 - Reviews 201  
**\$11.00**  
~~\$8.69~~ with an [account](#)



Avon Senses Endless Ocean Bubble Bath  
★ 4.8 - Reviews 212  
**\$11.00**  
~~\$8.69~~ with an [account](#)



Add to Bag



Avon Senses Soft Pink Bubble Bath

★ 4.8 - Reviews 356

**\$11.00**

\$8.69 with an account

Add to Bag

Add to Bag



Skin So Soft Comforting Shea Butter Bath Oil

★ 4.2 - Reviews 206

**\$24.00**

\$15.99 with an account

Add to Bag

Add to Bag



Skin So Soft Original Bonus-Size Shower Gel

★ 4.8 - Reviews 396

**\$15.00**

\$12.99 with an account

Add to Bag

Add to Bag



Skin So Soft Soft & Sensual Bonus-Size Shower Gel

★ 4.8 - Reviews 271

**\$15.00**

\$12.99 with an account

Add to Bag



Skin So Soft Radiant Moisture Bonus-Size Shower Gel

★ 4.7 - Reviews 170

**\$15.00**

\$12.99 with an account

Add to Bag



Skin So Soft Supreme Nourishment Enriching Coconut Oil Body Wash

★ 4.5 - Reviews 263

**\$15.00**

\$10.99 with an account

Add to Bag



Avon Veilment Natural Spa Black Rose Body Scrub & Cleanser

★ 4.8 - Reviews 142

**\$15.00**

\$13.69 with an account

Add to Bag



Avon Veilment Natural Spa Dead Sea Salt Body Scrub & Cleanser

★ 4.7 - Reviews 134

**\$15.00**

\$13.69 with an account

Add to Bag

Add to Bag



Avon Veilment Natural Spa Himalayan Pink Salt Body Scrub & Cleanser  
★ 4.9 - Reviews 168  
**\$15.00**  
[\\$13.69 with an account](#)

Add to Bag



Avon Senses Fresh Bergamot & Wild Mint Shower Gel  
★ 4.3 - Reviews 26  
**\$17.00**  
[\\$13.99 with an account](#)

Add to Bag



Avon Senses Cozy Vanilla & Coconut Shower Gel  
★ 4.9 - Reviews 50  
**\$17.00**  
[\\$13.99 with an account](#)

Add to Bag



Gentology Herb & Aloe 2-in-1 Hair and Body Wash  
★ 4.7 - Reviews 47  
**\$16.00**  
[\\$13.65 with an account](#)

Add to Bag



Moisture Therapy +Balance and Soothe Body Wash  
★ 4.6 - Reviews 55  
**\$23.00**  
[\\$18.00 with an account](#)

Add to Bag



Veilment Natural Spa Himalaya Pink Salt Exfoliating Soap  
★ 4.8 - Reviews 151  
**\$8.00**  
[\\$6.00 with an account](#)

Add to Bag



Veilment Care Moisturizing Bar Soap  
★ 4.7 - Reviews 120  
**\$2.50**  
[\\$1.99 with an account](#)

Add to Bag



Black Suede Ultimate Body Wash  
★ 4.8 - Reviews 9  
**\$19.00**  
[\\$14.99 with an account](#)  
**SPECIAL OFFER >**

Add to Bag



Veilment Care Soothing & Relaxing Lavender Bar Soap - Pack of 3

★ 0.0 - Reviews 0

**\$8.00**

~~\$6.49~~ with an [account](#)

Add to Bag



Skin So Soft Original Bar Soap

★ 4.6 - Reviews 142

**\$4.50**

~~\$3.49~~ with an [account](#)

Add to Bag



Skin So Soft Soft & Sensual Bar Soap

★ 4.7 - Reviews 91

**\$4.50**

~~\$3.49~~ with an [account](#)

Add to Bag



Black Suede Bar Soap

★ 5.0 - Reviews 17

**\$6.00**

~~\$3.99~~ with an [account](#)

Add to Bag



Wild Country Bar Soap

★ 4.1 - Reviews 14

**\$6.00**

~~\$3.99~~ with an [account](#)

Add to Bag



Avon Senses Gratitude Lavender & Cedarwood Shower Steamers

★ 3.9 - Reviews 20

**\$26.00**

~~€70.00~~ with an [account](#)

Add to Bag



Avon Senses Gratitude Lavender & Cedarwood Bath Salts

★ 4.8 - Reviews 5

**\$23.00**

~~€12.00~~ with an [account](#)

Add to Bag



Avon Senses Cozy Vanilla & Coconut Body Scrub

★ 5.0 - Reviews 1

**\$22.00**

~~\$17.99~~ with an [account](#)

Add to Bag



Haiku Body Scrub and Wash

★ 5.0 - Reviews 5

**\$12.00**

~~\$9.99 with an account~~

Add to Bag



Far Away Body Scrub and Wash

★ 5.0 - Reviews 5

**\$12.00**

~~\$9.99 with an account~~

Add to Bag



Skin So Soft Botanical Essence Bath Oil

★ 4.6 - Reviews 23

**\$31.00**

~~\$24.99 with an account~~

Add to Bag



Avon Skin so Soft for Acne Prone Skin Gentle Body Wash

★ 5.0 - Reviews 1

**\$20.00**

~~\$15.99 with an account~~

Add to Bag



Avon Skin So Soft for Acne Prone Skin Exfoliating Body Wash

★ 5.0 - Reviews 1

**\$20.00**

~~\$15.99 with an account~~

Add to Bag



The Creme Shop Natural Sponge

★ 3.9 - Reviews 7

**\$9.00**

~~\$7.00 with an account~~

Add to Bag



The Creme Shop Charcoal Infused Sponge

★ 3.4 - Reviews 10

**\$10.00**

~~\$8.00 with an account~~

Add to Bag



Avon Shower Brush

★ 4.0 - Reviews 81

**\$10.00**

~~\$7.99 with an account~~

Add to Bag

Add to Bag

Add to Bag

Add to Bag



Skin So Soft Soft & Sensual 3-Piece Set

★ 0.0 - Reviews 0

**\$28.50**

[\\$23.99 with an account](#)

[SPECIAL OFFER >](#)

Add to Bag



Skin So Soft Original Bath Oil

★ 4.8 - Reviews 1129

**\$24.00**

[\\$15.99 with an account](#)

Add to Bag

## Body



Haiku Body Lotion

★ 4.7 - Reviews 249

**\$10.00**

~~\$6.99~~ with an [account](#)

Add to Bag

On Duty Original Roll-On Antiperspirant Deodorant

★ 4.9 - Reviews 326

**\$3.60**

~~\$1.79~~ with an [account](#)

Add to Bag

Feelin' Fresh Original Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 626

**\$3.60**

~~\$1.79~~ with an [account](#)

Add to Bag

On Duty Sport Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 442

**\$3.60**

~~\$1.79~~ with an [account](#)

Add to Bag



Cool Confidence Original Roll-On Antiperspirant Deodorant

★ 4.9 - Reviews 300

**\$3.60**

~~\$1.79~~ with an [account](#)

Add to Bag



Cool Confidence Baby Powder Roll-On Antiperspirant Deodorant

★ 4.9 - Reviews 517

**\$3.60**

~~\$1.79~~ with an [account](#)

Add to Bag



On Duty Unscented Roll-On Antiperspirant Deodorant

★ 4.9 - Reviews 611

**\$3.60**

~~\$1.79~~ with an [account](#)

Add to Bag



Sweet Honesty Roll-On Antiperspirant Deodorant

★ 4.7 - Reviews 318

**\$3.60**

~~\$1.79~~ with an [account](#)

Add to Bag



Timeless Roll-On  
Antiperspirant Deodorant

★ 4.8 - Reviews 144

**\$3.60**

\$1.79 with an [account](#)

Add to Bag

Wild Country Roll-On  
Antiperspirant Deodorant

★ 4.9 - Reviews 500

**\$3.60**

\$1.79 with an [account](#)

Add to Bag

Far Away Body Lotion

★ 4.8 - Reviews 152

**\$10.00**

\$6.99 with an [account](#)

Add to Bag

Moisture Therapy Daily Skin  
Defense Hand Cream

★ 4.7 - Reviews 292

**\$6.00**

\$2.69 with an [account](#)

Add to Bag



Moisture Therapy Intensive  
Healing & Repair Extra  
Strength Cream

★ 4.8 - Reviews 1086

**\$8.00**

\$5.39 with an [account](#)

Add to Bag



Moisture Therapy Intensive  
Healing & Repair Hand  
Cream

★ 4.7 - Reviews 3

**\$6.00**

\$2.69 with an [account](#)

Add to Bag



Moisture Therapy Calming  
Relief Hand Cream

★ 4.7 - Reviews 244

**\$6.00**

\$2.69 with an [account](#)

Add to Bag



Avon Care Silicone Glove  
Protective Hand Cream

★ 4.8 - Reviews 1421

**\$6.00**

\$2.69 with an [account](#)

Add to Bag



Perfumed Liquid Deodorant

★ 4.8 - Reviews 590

**\$6.00**

\$4.50 with an [account](#)

Add to Bag



Rare Pearls Body Lotion

★ 4.9 - Reviews 162

**\$10.00**

\$6.99 with an [account](#)

Add to Bag



Moisture Therapy Bonus-Size Daily Skin Defense Body Lotion

★ 4.8 - Reviews 313

**\$20.00**

\$13.99 with an [account](#)

Add to Bag



Skin So Soft Soft & Sensual Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 424

**\$3.60**

\$2.69 with an [account](#)

Add to Bag



Moisture Therapy Bonus-Size Intensive Healing & Repair Body Lotion

★ 4.9 - Reviews 1020

**\$20.00**

\$13.99 with an [account](#)

Add to Bag



Skin So Soft Bonus-Size Soft & Sensual Bath Oil

★ 4.8 - Reviews 351

**\$30.00**

\$20.69 with an [account](#)

Add to Bag



Moisture Therapy Bonus-Size Calming Relief Body Lotion

★ 4.7 - Reviews 256

**\$20.00**

\$13.99 with an [account](#)

Add to Bag



Skin So Soft Soft & Sensual Body Lotion

★ 4.7 - Reviews 526

**\$11.00**

\$6.99 with an [account](#)

Add to Bag





Skin So Soft Original Gelled Body Oil

★ 4.8 - Reviews 518

**\$13.00**

[\\$8.69 with an account](#)

Add to Bag

Far Away Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 153

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag

Candid Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 82

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag

Rare Pearls Roll-On Antiperspirant Deodorant

★ 4.7 - Reviews 129

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag



Rare Gold Roll-On Antiperspirant Deodorant

★ 4.9 - Reviews 83

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag



Haiku Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 239

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag



Night Magic Evening Musk Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 114

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag



Odyssey Roll-On Antiperspirant Deodorant

★ 4.7 - Reviews 73

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag



Mesmerize Roll-On Antiperspirant Deodorant

★ 4.8 - Reviews 192

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag

Imari Roll-On Antiperspirant Deodorant

★ 4.9 - Reviews 251

**\$3.60**

[\\$1.79 with an account](#)

Add to Bag

Skin So Soft Fresh & Smooth Sensitive Skin Facial Hair Removal Cream

★ 4.4 - Reviews 709

**\$10.00**

[\\$5.99 with an account](#)

Add to Bag

Skin So Soft Fresh & Smooth Sensitive Skin Body Hair Removal Cream

★ 4.6 - Reviews 332

**\$10.00**

[\\$5.99 with an account](#)

Add to Bag



Skin So Soft Original Body Lotion

★ 4.6 - Reviews 663

**\$11.00**

[\\$6.99 with an account](#)

Add to Bag



Skin So Soft Original Replenishing Hand Cream

★ 4.8 - Reviews 294

**\$5.00**

[\\$2.69 with an account](#)

Add to Bag



Skin So Soft Radiant Moisture Replenishing Hand Cream

★ 4.7 - Reviews 207

**\$5.00**

[\\$2.69 with an account](#)

Add to Bag



Skin So Soft Soft & Sensual Replenishing Hand Cream

★ 4.8 - Reviews 312

**\$5.00**

[\\$2.69 with an account](#)

Add to Bag



Skin So Soft Bonus-Size Original Body Lotion

★ 4.8 - Reviews 467

**\$20.00**

\$12.99 with an [account](#)

Add to Bag



Skin So Soft Soft & Sensual Gelled Body Oil

★ 4.8 - Reviews 502

**\$13.00**

\$8.69 with an [account](#)

Add to Bag



Skin So Soft Bonus-Size Radiant Moisture Body Lotion

★ 4.8 - Reviews 184

**\$20.00**

\$12.99 with an [account](#)

Add to Bag



Black Suede Hair & Body Wash

★ 4.8 - Reviews 138

**\$8.00**

\$3.99 with an [account](#)

**SPECIAL OFFER >**

Add to Bag



Skin So Soft Bonus-Size Soft & Sensual Body Lotion

★ 4.9 - Reviews 395

**\$20.00**

\$12.99 with an [account](#)

Add to Bag



Black Suede Roll-On Antiperspirant Deodorant

★ 4.9 - Reviews 320

**\$3.60**

\$1.79 with an [account](#)

Add to Bag



Skin So Soft Bonus-Size Supreme Nourishment Body Lotion

★ 4.9 - Reviews 310

**\$20.00**

\$12.99 with an [account](#)

Add to Bag



Avon Senses Silky Vanilla Hand Soap

★ 4.6 - Reviews 116

**\$10.00**

\$5.99 with an [account](#)

Add to Bag



Add to Bag

Add to Bag

Add to Bag

Add to Bag

Avon Senses Fresh  
Cucumber & Melon Hand  
Soap

★ 4.7 - Reviews 147

**\$10.00**

\$4.99 with an [account](#)

Add to Bag

fmg Dew Kiss Lip Balm

★ 4.7 - Reviews 708

**\$2.00**

\$0.99 with an [account](#)

Add to Bag

Avon Flavor Savers Lip Balm

★ 4.7 - Reviews 489

**\$2.00**

\$0.99 with an [account](#)

Select an Option

Anew Vitamin C Antioxidant  
Lip Treatment

★ 4.6 - Reviews 602

**\$14.00**

\$7.99 with an [account](#)

Add to Bag



NAKEDPROOF Affirm Yourself  
Firming Body Cream

★ 4.3 - Reviews 198

**\$21.00**

\$12.99 with an [account](#)

Add to Bag



NAKEDPROOF Smooth  
Moves Anti-Cellulite Cooling  
Gel

★ 4.3 - Reviews 175

**\$21.00**

\$12.99 with an [account](#)

Add to Bag



Skin So Soft Supreme  
Nourishment Enriching  
Coconut Oil Body Soufflé

★ 4.8 - Reviews 187

**\$16.00**

\$10.49 with an [account](#)

Add to Bag



Veilment Macadamia Oil  
Revitalizing Body Mousse

★ 4.4 - Reviews 14

**\$24.00**

\$9.50 with an [account](#)

Add to Bag





Avon Aromatherapy Minding My Mood 4-in-1 Essential Oil Blends

★ 4.5 - Reviews 64

**\$32.00**

[\\$25.99 with an account](#)

[Add to Bag](#)



Avon Senses Sparkling Grapefruit & Orange Blossom Body Mist

★ 4.3 - Reviews 57

**\$18.00**

[\\$14.99 with an account](#)

[Add to Bag](#)



Avon Senses Cozy Vanilla & Coconut Body Mist

★ 4.2 - Reviews 90

**\$18.00**

[\\$14.99 with an account](#)

[Add to Bag](#)



Avon Senses Cozy Vanilla & Coconut Body Lotion

★ 4.2 - Reviews 54

**\$17.00**

[\\$13.99 with an account](#)

[Add to Bag](#)



Fruits & Passion Cucina Hand Soap in Coriander & Olive Tree

★ 4.7 - Reviews 80

**\$19.00**

[\\$15.75 with an account](#)

[Add to Bag](#)



Fruits & Passion Cucina Hand Soap in Grapefruit & Rhubarb

★ 4.8 - Reviews 103

**\$19.00**

[\\$15.75 with an account](#)

[Add to Bag](#)



Veilment CBD Soothing & Nourishing Body Cream

★ 4.6 - Reviews 52

**\$33.00**

[\\$29.50 with an account](#)

[Add to Bag](#)



Veilment Hemp Seed Oil Ultra-Nourishing Dry Body Oil

★ 4.8 - Reviews 17

**\$35.00**

[\\$28.00 with an account](#)

[Add to Bag](#)





NAKEDPROOF Smooth Moves Anti-Cellulite Massager

★ 4.2 - Reviews 10  
**\$70.00**  
[\\$62.99 with an account](#)

Add to Bag



Moisture Therapy +Balance and Soothe Body Lotion

★ 4.5 - Reviews 71  
**\$25.00**  
[\\$20.00 with an account](#)

Add to Bag



Veilment CBD Cooling Body Roll-On Gel

★ 4.8 - Reviews 19  
**\$24.00**  
[\\$20.00 with an account](#)

Add to Bag



Black Suede Deodorant Stick

★ 3.5 - Reviews 2  
**\$12.00**  
[\\$9.99 with an account](#)

Add to Bag



Daily Beauty Tools Scrunchie Band

★ 4.6 - Reviews 34  
**\$5.00**  
[\\$3.99 with an account](#)

Add to Bag



Veilment Care Moisturizing Bar Soap

★ 4.7 - Reviews 120  
**\$2.50**  
[\\$1.99 with an account](#)

Add to Bag



Veilment CBD Dry Body Oil

★ 4.7 - Reviews 24  
**\$37.00**  
[\\$30.00 with an account](#)

Add to Bag



Care  
LIP BALM  
Cherry Vanilla



Care  
LIP BALM  
Raspberry Cheesecake



HEMP SEED OIL  
LIP BALM  
LIME PEPPERMINT



Senses  
Body Lotion  
Tropical Paradise



Veilment Care Lip Balm -  
Cherry

★ 4.6 - Reviews 47

**\$2.00**

[\\$0.99 with an account](#)

Add to Bag



Veilment Care Lip Balm -  
Strawberry

★ 4.8 - Reviews 44

**\$2.00**

[\\$0.99 with an account](#)

Add to Bag



Veilment Hemp Seed Oil Lip  
Balm - Clear

★ 4.8 - Reviews 58

**\$2.50**

[\\$1.18 with an account](#)

Add to Bag



Avon Senses Sparkling  
Grapefruit & Orange Hand  
Soap

★ 4.4 - Reviews 13

**\$13.99**

[\\$10.69 with an account](#)

Add to Bag



Avon Senses Fresh Bergamot  
& Wild Mint Hand Soap

★ 5.0 - Reviews 6

**\$13.99**

[\\$10.69 with an account](#)

Add to Bag



Avon Senses Cozy Vanilla &  
Coconut Hand Soap

★ 3.9 - Reviews 17

**\$13.99**

[\\$10.69 with an account](#)

Add to Bag



Avon Senses Sparkling  
Grapefruit & Orange Blossom  
Hand Cream

★ 4.4 - Reviews 29

**\$6.00**

[\\$4.99 with an account](#)

Add to Bag



Avon Senses Fresh Bergamot  
& Wild Mint Hand Cream

★ 4.8 - Reviews 18

**\$6.00**

[\\$4.99 with an account](#)

Add to Bag





Avon Senses Cozy Vanilla & Coconut Hand Cream

★ 4.7 - Reviews 30

**\$6.00**

[\\$4.99 with an account](#)

Add to Bag



Skin So Soft Supreme Nourishment Coconut Oil Lip Balm

★ 4.9 - Reviews 36

**\$2.00**

[\\$1.39 with an account](#)

Add to Bag



Black Suede Ultimate Body Moisturizer

★ 4.0 - Reviews 4

**\$19.00**

[\\$14.99 with an account](#)

**SPECIAL OFFER >**

Add to Bag



Anew Vitamin C Dry Body Oil

★ 4.7 - Reviews 18

**\$34.00**

[\\$8.99 with an account](#)

Add to Bag



Rare Pearls Deodorant Stick

★ 3.0 - Reviews 2

**\$12.00**

[\\$9.99 with an account](#)

Add to Bag



Haiku Deodorant Stick

★ 4.3 - Reviews 4

**\$12.00**

[\\$9.99 with an account](#)

Add to Bag



Veilment Care Lip Balm Coconut

★ 4.8 - Reviews 28

**\$2.00**

[\\$0.99 with an account](#)

Add to Bag



Veilment Care Lip Balm Aloe

★ 4.3 - Reviews 39

**\$2.00**

[\\$0.99 with an account](#)

Add to Bag







Regular SOFY Sanitary Pads

★ 4.7 - Reviews 10

**\$12.49**

~~\$6.99 with an account~~

Add to Bag



Overnight SOFY Sanitary Pads

★ 4.1 - Reviews 13

**\$9.99**

~~\$7.99 with an account~~

Add to Bag



SOFY Regular Pantyliner Sanitary Pads

★ 4.7 - Reviews 12

**\$12.49**

~~\$6.99 with an account~~

Add to Bag



Isa Knox ANEW Clinical Revitalize + Reveal AHA Body Lotion

★ 3.9 - Reviews 28

**\$34.00**

~~\$19.99 with an account~~

Add to Bag



Veilment Care Soothing & Relaxing Lavender Bar Soap - Pack of 3

★ 0.0 - Reviews 0

**\$8.00**

~~\$6.49 with an account~~

Add to Bag



fmg Flavor Saver Lip Balm

★ 4.6 - Reviews 32

**\$2.00**

~~\$0.99 with an account~~

Select an Option



Veilment CBD Nourishing Body Cream

★ 5.0 - Reviews 3

**\$38.00**

~~\$33.00 with an account~~

Add to Bag



Avon Deodorant Microbiome Stick By Reach Hygiene

★ 3.8 - Reviews 26

**\$13.00**

~~\$10.99 with an account~~

Add to Bag





Timeless Hand Cream

★ 4.6 - Reviews 9

**\$6.00**

\$3.99 with an [account](#)

Add to Bag



Sweet Honesty Hand Cream

★ 4.2 - Reviews 11

**\$6.00**

\$3.99 with an [account](#)

Add to Bag



Night Magic Hand Cream

★ 4.1 - Reviews 10

**\$6.00**

\$3.99 with an [account](#)

Add to Bag



Skin So Soft Original Bar Soap

★ 4.6 - Reviews 142

**\$4.50**

\$3.49 with an [account](#)

Add to Bag



Skin So Soft Soft & Sensual Bar Soap

★ 4.7 - Reviews 91

**\$4.50**

\$3.49 with an [account](#)

Add to Bag



Black Suede Bar Soap

★ 5.0 - Reviews 17

**\$6.00**

\$3.99 with an [account](#)

Add to Bag



Wild Country Bar Soap

★ 4.1 - Reviews 14

**\$6.00**

\$3.99 with an [account](#)

Add to Bag



Farm Rx Amazon Berry Smoothing & Firming Body Cream

★ 4.9 - Reviews 14

**\$25.00**

\$17.99 with an [account](#)

Add to Bag





belif Aqua Bomb Hydrating Body Moisturizer  
 ★ 5.0 - Reviews 2  
**\$36.00**  
 \$30.00 with an [account](#)

**Add to Bag**



Avon Skin So Soft for Acne Prone Skin Body Pads  
 ★ 0.0 - Reviews 0  
**\$30.00**  
 \$24.99 with an [account](#)

**Add to Bag**



Avon Skin So Soft for Acne Prone Skin Soothing Gel  
 ★ 0.0 - Reviews 0  
**\$20.00**  
 \$15.99 with an [account](#)

**Add to Bag**



ON THE BODY The Natural Coconut Oil Hand Lotion  
 ★ 2.6 - Reviews 15  
**\$8.00**  
 \$5.99 with an [account](#)

**Add to Bag**



Veilment Parfum de Peau Perfume Citrus Hand Cream  
 ★ 4.3 - Reviews 7  
**\$8.00**  
 \$5.99 with an [account](#)

**Add to Bag**



On: The Body Pure Cica Body Lotion - Baby Powder  
 ★ 4.9 - Reviews 8  
**\$20.00**  
 \$15.99 with an [account](#)

**Add to Bag**



On: The Body Pure Cica Body Lotion Musk  
 ★ 4.8 - Reviews 10  
**\$20.00**  
 \$15.99 with an [account](#)

**Add to Bag**



Moisture Therapy Intensive Healing Repair Hand Cream  
 ★ 4.5 - Reviews 22  
**\$7.00**  
 \$2.99 with an [account](#)

**Add to Bag**



**NEW**



**NEW**



**NEW**



**NEW**



The Face Shop Daily Moment  
Vegan Hand Cream in  
Sunrise Bedroom

★ 1.0 - Reviews 1

**\$4.00**

\$3.29 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag



The Face Shop Daily Moment  
Vegan Hand Cream in  
Morning Florist

★ 0.0 - Reviews 0

**\$4.00**

\$3.29 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag



The Face Shop Daily Moment  
Vegan Hand Cream in Noon  
Park

★ 0.0 - Reviews 0

**\$4.00**

\$3.29 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag



The Face Shop Daily Moment  
Vegan Hand Cream 04  
Sunset Rooftop

★ 0.0 - Reviews 0

**\$4.00**

\$3.29 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag



NEW

The Face Shop Daily Moment  
Vegan Hand Cream in  
Midnight Street

★ 0.0 - Reviews 0

**\$4.00**

\$3.29 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag



NEW

The Face Shop Daily Moment  
Vegan Hand Cream in Dawn  
Attic

★ 0.0 - Reviews 0

**\$4.00**

\$3.29 with an [account](#)  
**SPECIAL OFFER >**

Add to Bag



Veillment CBD Body Cream &  
Gel 2-piece Set

★ 5.0 - Reviews 2

**\$73.00**

\$35.99 with an [account](#)

Add to Bag



Skin So Soft Bonus-Size  
Original Bath Oil

★ 4.9 - Reviews 1422

**\$30.00**

\$20.69 with an [account](#)

Add to Bag







Moisture Therapy  
Moisturizing Lip Treatment  
Balm

★ 4.7 - Reviews 1399

**\$2.00**

\$0.99 with an [account](#)

Expected by Jun 08

[Add to Wait List](#)



Veilment CBD Nourishing  
Body Cream

★ 4.8 - Reviews 125

**\$33.00**

\$29.50 with an [account](#)

Expected by Jun 08

[Add to Wait List](#)



The Face Shop Jeju Aloe  
Soothing Mist

★ 4.9 - Reviews 35

**\$16.00**

\$12.99 with an [account](#)

**SPECIAL OFFER >**

Expected by Jun 22

[Add to Wait List](#)



Physiogel Hypoallergenic  
Daily Moisture Therapy Body  
Lotion (6.7 fl. oz.)

★ 4.6 - Reviews 18

**\$30.00**

\$23.99 with an [account](#)

Expected by May 25

[Add to Wait List](#)

## Sun Care



Skin So Soft Bug Guard Plus  
IR3535® Expedition™ Aerosol  
Spray SPF 28

★ 4.7 - Reviews 499

**\$20.00**

\$14.99 with an [account](#)

**SPECIAL OFFER >**



Skin So Soft Bug Guard Plus  
IR3535® Expedition™ SPF 30  
Travel Size Pump Spray

★ 4.4 - Reviews 85

**\$12.00**

\$8.99 with an [account](#)

**SPECIAL OFFER >**



Skin So Soft Bug Guard Plus  
IR3535® Expedition™ SPF 30  
Family Size Pump Spray

★ 4.8 - Reviews 567

**\$24.00**

\$17.99 with an [account](#)

**SPECIAL OFFER >**



Skin So Soft Bug Guard Plus  
IR3535® Expedition™ SPF 30  
Pump Spray

★ 4.6 - Reviews 449

**\$15.00**

\$9.99 with an [account](#)

**SPECIAL OFFER >**

Add to Bag



Véilment Lumière Sunless Tanning Serum Light/Medium

★ 3.8 - Reviews 4

**\$24.00**

[\\$19.99 with an account](#)

Add to Bag



The Face Shop Jeju Aloe Soothing Foam Cleanser

★ 4.5 - Reviews 37

**\$11.99**

[\\$9.99 with an account](#)

**SPECIAL OFFER >**

Add to Bag



Avon Sun Protection+ Natural Mineral Sunscreen for Body SPF 40

★ 3.9 - Reviews 12

**\$21.00**

[\\$16.99 with an account](#)

Add to Bag



Isa Knox ANEW Solaire Active Face & Body Protection Lotion Broad Spectrum SPF 50

★ 4.4 - Reviews 22

**\$31.00**

[\\$24.99 with an account](#)

Add to Bag



Isa Knox ANEW Solaire Everyday Face Protection Lotion Broad Spectrum SPF 50

★ 4.5 - Reviews 22

**\$29.00**

Add to Bag



The Face Shop Jeju Aloe Soothing Gel

★ 4.8 - Reviews 174

**\$8.00**

[\\$6.99 with an account](#)

**SPECIAL OFFER >**

Add to Bag



Véilment Lumière Sunless Tanning Serum Medium/Dark

★ 3.0 - Reviews 2

**\$24.00**

[\\$19.99 with an account](#)

Add to Bag



Skin So Soft Bug Guard Plus IR3535 Gentle Breeze® SPF 30 Lotion

★ 4.8 - Reviews 979

**\$15.00**

[\\$9.99 with an account](#)

\$22.99 with an [account](#)

**SPECIAL OFFER >**

Add to Bag

Add to Bag

Add to Bag

Add to Bag



The Face Shop Jeju Aloe Ice Refreshing Soothing Gel

★ 5.0 - Reviews 35

**\$11.00**

\$8.99 with an [account](#)

**SPECIAL OFFER >**

Expected by Aug 03

Add to Wait List



The Face Shop Jeju Aloe Soothing Mist

★ 4.9 - Reviews 35

**\$16.00**

\$12.99 with an [account](#)

**SPECIAL OFFER >**

Expected by Jun 22

Add to Wait List



Rise and Shine

Watch again





dōTERRA

Shop

Our Story

Discover

Search Products, Collections, Keywords...



Help

Account

Bag



NATURE'S REPELLENT Citronella repels mosquitoes naturally. It's 10% off this May! [Details](#)



## Supplements





MetaPWR®



Daily Vitality



dōTERRA® Women



Nutrition



Specialized Supplements



Digestive Health



Children's Supplements



[Find a Wellness Advocate](#)

[Contact doTERRA](#)

**Company**

[Corporate](#)  
[Careers](#)  
[News](#)  
[doTERRA Merch](#)

**Product Education**

[MetaPWR® Course](#)  
[Product Courses](#)  
[eBooks](#)  
[Literature](#)  
[Product Podcast](#)

**Business Education**

[Become a Member](#)  
[Online Training Courses](#)  
[Empowered Success Training](#)  
[Forms](#)

**Customer Service**

[Help](#)  
[Leader Support](#)  
[Pleasant Grove Product Center](#)  
[Product Availability](#)

dōTERRA

Shop

Our Story

Discover

Search Products, Collections, Keywords...



Help



Account



Bag



NATURE'S REPELLENT Citronella repels mosquitoes naturally. It's 10% off this May! [Details](#)



## Personal Care





Sun Care



Verage® Skin Care



doTERRA Baby



Body Care



doTERRA Hair Care



doTERRA Spa



Essential Skin Care



HD Clear® Skin Care



Find a Wellness Advocate

Contact doTERRA

**Company**

Corporate  
Careers  
News  
doTERRA Merch

**Product Education**

MetaPWR® Course  
Product Courses  
eBooks  
Literature  
Product Podcast

**Business Education**

Become a Member  
Online Training Courses  
Empowered Success Training  
Forms

**Customer Service**

Help  
Leader Support  
Pleasant Grove Product Center  
Product Availability

1-800-336-1977 | Dealer Locator

MY ACCOUNT ▾



FUELS SUPPLEMENTS CLOTHING & GEAR KNOWLEDGE

Search all products...



HOME // ALL PRODUCTS // SUPPLEMENTS

## SUPPLEMENTS

Everything you need to achieve peak performance for competition, recreation, physically demanding work or optimal health/wellness! 100% Safe, effective, guaranteed. Made from the highest quality ingredients, in the USA.

## PRODUCTS 30 PRODUCTS



**Tissue Rejuvenator**  
Less pain, more gain



**Premium Insurance Caps**



**Race Caps Supreme**  
Tested, trusted and proven for over



**Mito Caps**  
Turn back the clock



★★★★★ (741)

Save to Favorites

**Caps**  
Start here.

★★★★★ (302)

Save to Favorites

35 years

★★★★★ (270)

Save to Favorites

★★★★★ (130)

Save to Favorites



### Fully Charged

Pre-Exercise Ignitor

★★★★★ (302)

Save to Favorites



### Anti-Fatigue Caps

Eliminate endurance barriers

★★★★★ (233)

Save to Favorites



### Essential Mg

Magnesium—undisputed wellness superstar

★★★★★ (132)

Save to Favorites



### REM Caps

Sleep well to live well

★★★★★ (206)

Save to Favorites



### EndurOmega

Get the omega-3's you need

★★★★★ (75)



### Endurance BCAA+

Targeted amino acids

★★★★★ (118)



### Phytolean

Your powerful ally against weight gain

★★★★★ (101)




### Super Antioxidant

Superior-level recovery tool

★★★★★ (49)

Save to Favorites 

Save to Favorites 

Save to Favorites 

Save to Favorites 



### PSA Caps

Prostate Specific Formula

★★★★★ (65)

Save to Favorites 



### Digest Caps

Probiotics for improved performance

★★★★★ (57)

Save to Favorites 



### Vegan Tissue Rejuvenator

You asked, we listened

★★★★★ (101)

Save to Favorites 



### Xobaline

Highest quality nutrients, next level results

★★★★★ (55)

Save to Favorites 

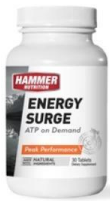


### Race Day Boost

Get the boost you need

★★★★★ (74)

Save to Favorites 



### Energy Surge

Pure energy on demand

★★★★★ (50)

Save to Favorites 



### Boron

Natural anabolic hormone support

★★★★★ (34)

Save to Favorites 



### Phytomax

Phytonutrient dense superfood

★★★★★ (24)

Save to Favorites 



**Clear Day**  
 No side effects, just relief  
 ★★★★★ (77)  
 Save to Favorites



**Chromemate**  
 Micronutrient with massive benefits  
 ★★★★★ (28)  
 Save to Favorites



**AO Booster**  
 Supreme Antioxidant Support  
 ★★★★★ (31)  
 Save to Favorites



**LSA Caps**  
 Liver Specific Formula  
 ★★★★★ (23)  
 Save to Favorites



**Enduro D**  
 Superior Vitamin D3 / K2 Formula  
 ★★★★★ (27)  
 Save to Favorites



**EnduroZyme**  
 Complete digestion, optimal nutrient absorption  
 ★★★★★ (28)  
 Save to Favorites



**Nasol**  
 Relief is just a spray away  
 ★★★★★ (81)  
 Save to Favorites



**ChitoLean**  
 Bind and block the fat  
 ★★★★★ (13)  
 Save to Favorites





### Endurance C

Potent Vitamin C Blend

★★★★★ (19)

Save to Favorites



### Life-Biotics Super 15

Broad Spectrum Symbiotic / Probiotic

★★★★★ (5)

Save to Favorites

## STAY AHEAD OF THE PACK

Sign up for our newsletter to get the latest in endurance news and performance tips.

Your Email...

SUBSCRIBE

### HAMMER NUTRITION

Founded in 1987 by Brian Frank, Hammer Nutrition provides superlative products, proprietary knowledge, and 5-star service to health conscious athletes all over the world.



### COMPANY

About Us  
Our Guarantee  
Sponsorship  
Careers  
Dealer Locator  
International

### RESOURCES

2023 Catalog  
5 Secrets of Success  
How to Hammer  
Cookbook  
Gift Cards  
Clearance

### EDUCATION

Knowledge Base  
Endurance News  
Endurance News Weekly  
FAQs

### SUPPORT

Shipping Policy  
Privacy Policy  
FDA Disclaimer  
Returns & Exchanges  
Contact Us  
Call 1-800-336-1977

Leave a message



1-800-336-1977 | Dealer Locator

MY ACCOUNT ▾



FUELS SUPPLEMENTS CLOTHING & GEAR KNOWLEDGE

Search all products...



HOME // ALL PRODUCTS // BODY CARE


## BODY CARE

Our unique line of body care products has been developed with the same uncompromising standards as our fuels and supplements. Made from premium, natural ingredients and free of chemical additives, they offer unparalleled effectiveness and value.

## PRODUCTS 5 PRODUCTS




**Hammer CBD Balm**  
CBD benefits, topically applied



**Seat Saver**  
Anti-Chafing & Chamois Cream



**Cool Feet**  
All-Natural Foot Powder



**Hammer Lips**  
Soothing Lip Care

★★★★★ (186)  
Save to Favorites

★★★★★ (71)  
Save to Favorites

★★★★★ (14)  
Save to Favorites

★★★★★ (37)  
Save to Favorites



**Pelle Eccellente**  
Ultra Hydrating Skin Cream

★★★★★ (44)  
Save to Favorites

Leave a message





## CORE NUTRITION

Core nutrition focuses on the micronutrients and macronutrients you need to thrive each day. Our trio of Core Products works together to kick-start your healthy eating habits and help you thrive from within.



FORMULA 1



FORMULA 2



FORMULA 3

[View the Statement Of Average Gross Compensation](#)

Herbalife is a Proud Member of the [Direct Selling Association](#) and a Signatory to the [DSA Code of Ethics](#). Copyright ©2021 Herbalife International of America, Inc. No reproduction in whole or in part without written permission. All Rights Reserved. All trademarks and product images exhibited on this site, unless otherwise, are the property of Herbalife International, Inc.



- [Terms of Use](#)
- [Privacy Policy](#)
- [CCPA Supplemental Notice](#)
- [Refund Policy](#)
- [About the Company](#)
- [Contact Us](#)
- [SAGC](#)
- [Ethics and Compliance](#)
- [Investor Relations](#)
- [Career Opportunities](#)
- [Supplier Terms](#)
- [FB Terms of Use](#)
- [Do Not Sell or Share My Personal Information/Opt-out of Targeted Advertising.](#)

## SPECIALIZED NUTRITION

Proper nutrition is important at any age for a healthy and fulfilling life. Whatever your stage in life, our Specialized Nutrition products give you the right balance of essential nutrients to help you enjoy a lifetime of good health.



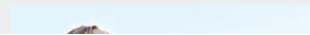
DIGESTIVE HEALTH



HEART HEALTH



SLEEP AND RELAXATION





IMMUNE SUPPORT



CHILDREN'S HEALTH



WOMEN'S HEALTH



MEN'S HEALTH



HEALTHY AGING



BRAIN HEALTH



[View the Statement Of Average Gross Compensation](#)  
Herbalife is a Proud Member of the Direct Selling Association and a

INFORMATION



[Terms of Use](#)  
[Privacy Policy](#)

Signatory to the [DSA Code of Ethics](#). Copyright ©2021 Herbalife International of America, Inc. No reproduction in whole or in part without written permission. All Rights Reserved. All trademarks and product images exhibited on this site, unless otherwise, are the property of Herbalife International, Inc.



**DSOF** DIRECT SELLING  
EDUCATION FOUNDATION



[CCPA Supplemental Notice](#)  
[Refund Policy](#)  
[About the Company](#)  
[Contact Us](#)  
[SAGC](#)  
[Ethics and Compliance](#)  
[Investor Relations](#)  
[Career Opportunities](#)  
[Supplier Terms](#)  
[FB Terms of Use](#)  
[Do Not Sell or Share My Personal Information/Opt-out of Targeted Advertising.](#)

## SKIN AND HAIR CARE

Just as your body needs proper nutrition for long-term health, your skin and hair require the right nourishment to keep you looking your best. Our Skin and Hair Care products are packed with daily goodness, and some are infused with vitamins or botanicals.



HEALTHY SKIN



BATH AND BODY

ACNE SOLUTION



ENRICHUAL HEMP



[View the Statement Of Average Gross Compensation](#)

Herbalife is a Proud Member of the [Direct Selling Association](#) and a Signatory to the [DSA Code of Ethics](#). Copyright ©2021 Herbalife International of America, Inc. No reproduction in whole or in part without written permission. All Rights Reserved. All trademarks and product images exhibited on this site.

INFORMATION



- [Terms of Use](#)
- [Privacy Policy](#)
- [CCPA Supplemental Notice](#)
- [Refund Policy](#)
- [About the Company](#)

Rights Reserved. All trademarks and product images exhibited on this site, unless otherwise, are the property of Herbalife International, Inc.



**DSOF** DIRECT SELLING  
EDUCATION FOUNDATION



[Contact Us](#)  
[SAGC](#)  
[Ethics and Compliance](#)  
[Investor Relations](#)  
[Career Opportunities](#)  
[Supplier Terms](#)  
[FB Terms of Use](#)  
[Do Not Sell or Share My Personal Information/Opt-out of Targeted Advertising.](#)



Use coupon code **RENEWAL** with your purchase of \$60 or more for a free! [Bakuchiol Skin Renewal Serum](#)



Search the NOW site



Store Locator

Login



Products ▾

On Sale ▾

Quality & Safety ▾

Healthy Living ▾

About NOW ▾

# Supplements

Overview

On Sale

New

By Category

By Health Need

All Products

## Natural and Nutritional Supplements

Feel good spending less with NOW®. Our supplements are an affordable and effective way to get the daily recommended intake of vitamins, minerals, and nutrients necessary for optimal health. Now transitioning to [100% post-consumer recycled](#) supplement bottles!



SUPPLEMENTS BY CATEGORY



Aloe



Amino Acids



Antioxidants



Bee Products



CoQ10



Fiber & Prebiotics



Free Radical



Glucosamine.

Scavengers

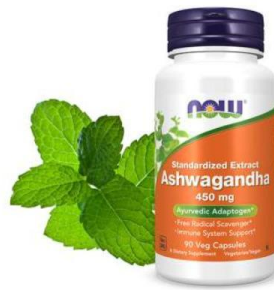
Chondroitin & MSM



Glucose Management



Green Foods



Herbs & Botanicals



Hyaluronic Acid



Minerals

Omega Fatty Acids

Probiotics, Enzymes  
& Healthy Digestion

Vitamins



Other Supplement  
Products





### Moving to 100% PCR Bottles

In taking more positive steps on our journey to reduce our environmental impact, NOW is excited to start transitioning our supplement bottles to 100% post-consumer recycled (PCR) resin in 2023.

[Learn More](#)



FEATURED PRODUCT

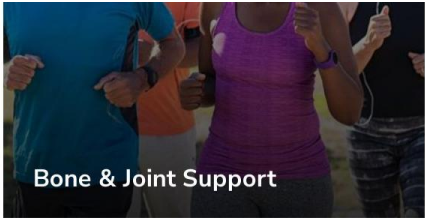
### Niacinamide 1000 mg Tablets

Energy Production\*

[View Product](#)

### SUPPLEMENTS BY HEALTH NEED

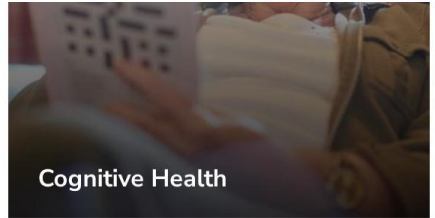




Bone & Joint Support



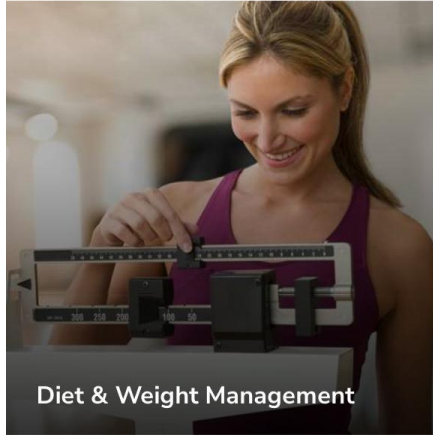
Children's Health



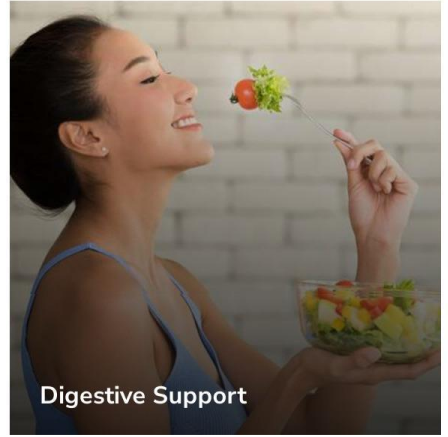
Cognitive Health



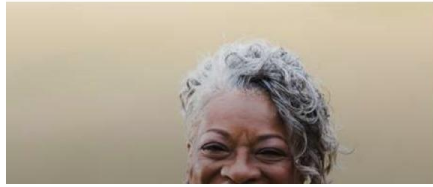
Detox & Liver Support



Diet & Weight Management

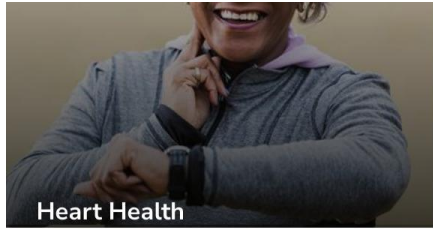


Digestive Support





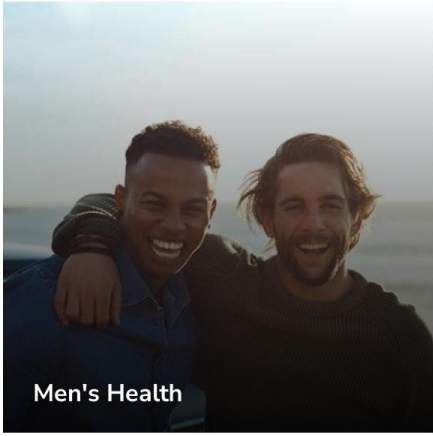
Eye Health



Heart Health



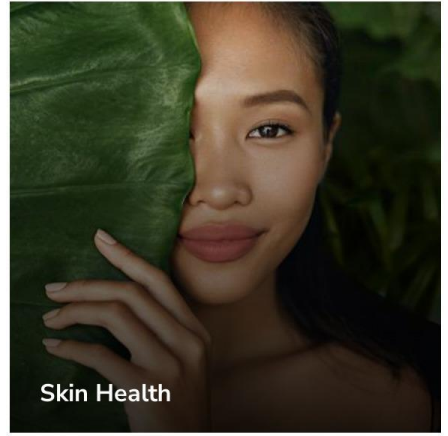
Immune Support



Men's Health



Nervous System Support



Skin Health







Sleep & Mood Support



Women's Health

RELATED ARTICLES



Summer Survival Tips

[Read Article](#)



THE MAGICAL WORLD OF MUSHROOMS

The Magical World of Mushrooms

[Read Article](#)



Infographic: Why Calendula for Babies?

[Read Article](#)



NOW® Launches NOW® Kids + NOW® Baby Clean Care

[Read Article](#)





## Superior Manufacturing

NOW controls the manufacturing process from start to finish, ensuring that every step of the product journey meets our stringent standards for quality and safety.

[Learn More About NOW's Manufacturing](#)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



[Stay in the Know with NOW](#)

[Products](#)

[Supplements](#)

[Press Room](#)



[Find a Store](#)

[Retailer Login](#)

[Switch to NOW  
Canada](#)

Sign-up for our monthly newsletter to lead a healthier life.

By submitting my email, I give my consent to transfer this information to MailChimp for the purposes of receiving related emails.

Follow Us



[On Sale](#)

[Quality & Safety](#)

[Healthy Living](#)

[About NOW](#)

[International](#)

[Beauty & Health](#)

[Essential Oils](#)

[Sports Nutrition](#)

[Natural Foods](#)

[Pet Health](#)

[Contact Us](#)

[Shopping FAQ](#)

[Shipping, Payment & Returns](#)

[Product Feedback](#)

[Careers](#)

[Privacy Policy](#)

[Terms & Conditions of Use](#)

[Accessibility Statement](#)

© Copyright 2023 NOW® Foods

Use coupon code **RENEWAL** with your purchase of \$60 or more for a free! [Bakuchiol Skin Renewal Serum](#)



Search the NOW site



Store Locator

Login



Products ▾

On Sale ▾

Quality & Safety ▾

Healthy Living ▾

About NOW ▾

# Beauty & Health

Overview

On Sale

New

By Category ▾

By Skin Type ▾

All Products

## Blemish Clear

Since 1988, NOW® Solutions has been the answer for those seeking the best in natural and organic beauty products. Our outstanding selection of the best organic beauty products, home beauty solutions and at-home beauty treatments is the perfect complement to your natural lifestyle.



BEAUTY & HEALTH BY CATEGORY



Beauty Supplements



Body Care



Carrier Oils



Children's Health



Facial Care



Hair Care



Hvciene



Men's Personal Care



Specialty & Seasonal  
Care



Women's Health





### Magnesium Body Butter

This magnesium body butter is wonderfully moisturizing and is great for helping your body relax.

[Check Out This Recipe](#)

[See All Beauty & Health Recipes](#)



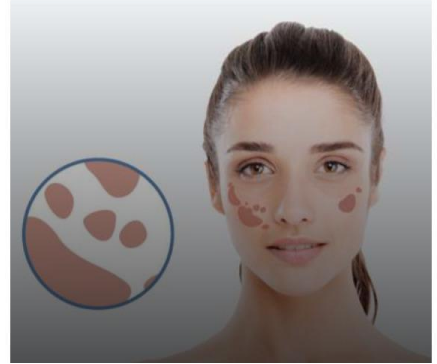
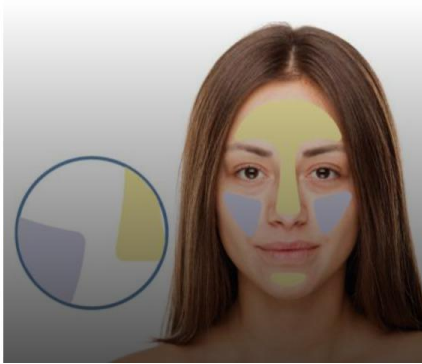
FEATURED PRODUCT

### Collagen Jelly Beauty Complex Jelly Sticks

with VERISOL® Bioactive Collagen Peptides

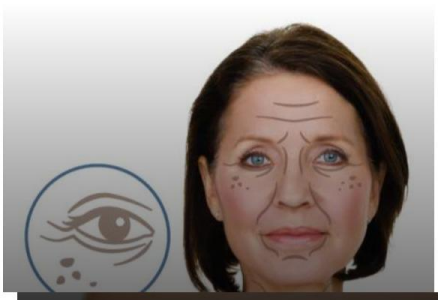
[View Product](#)

### BEAUTY & HEALTH BY SKIN TYPE

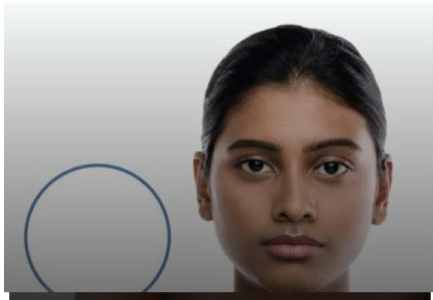




Combination Skin



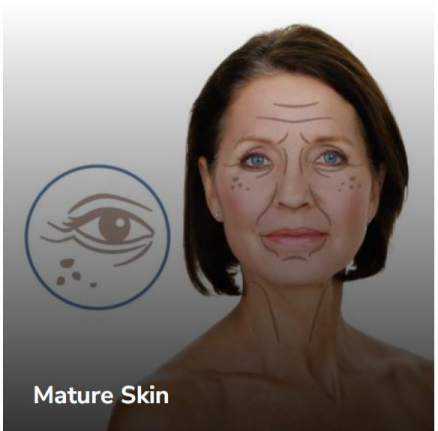
Dry Skin



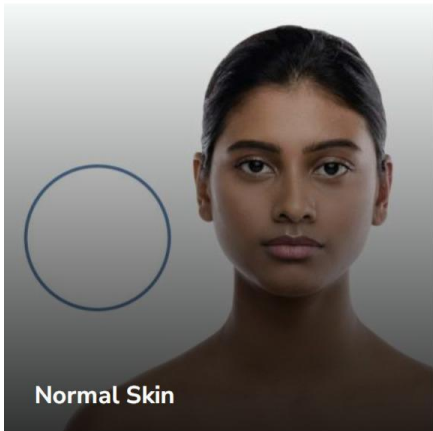
Hyperpigmented Skin



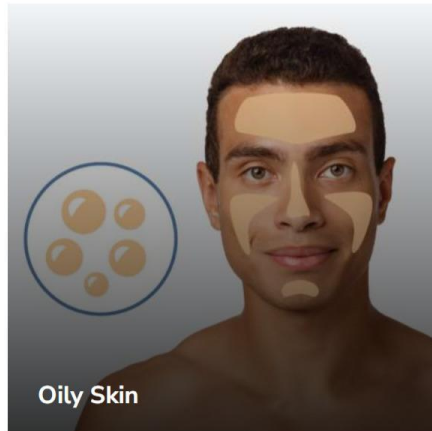
Mature Skin

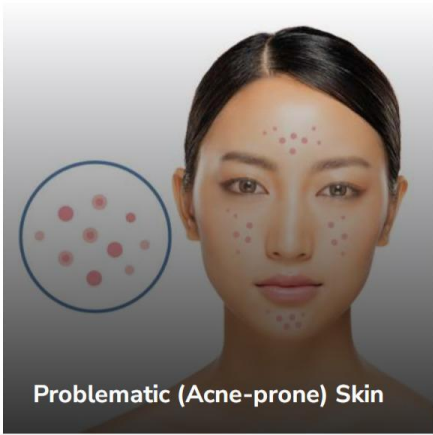


Normal Skin

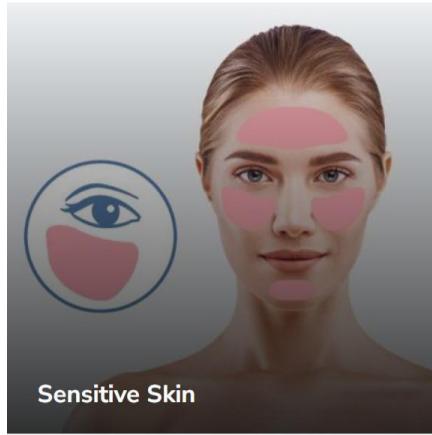


Oily Skin





Problematic (Acne-prone) Skin



Sensitive Skin

RELATED ARTICLES



Summer Survival Tips



NOW® Launches NOW® Kids + NOW® Baby Clean Care



Evening Skincare Layering Guide



Morning Skincare Layering Guide

[Read Article](#)

[Read Article](#)

[Read Article](#)

[Read Article](#)



## NOW Joins PETA's Beauty Without Bunnies

NOW Health Group has signed on to the PETA Beauty Without Bunnies program in order to help consumers quickly recognize that all NOW® Solutions personal care products and essential oils are cruelty-free.

[Learn More](#)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

---



[Find a Store](#)

[Retailer Login](#)

[Switch to NOW  
Canada](#)

### Stay in the Know with NOW

Sign-up for our monthly newsletter to lead a healthier life.

By submitting my email, I give my consent to transfer this information to MailChimp for the purposes of receiving related emails.

Follow Us



[Products](#)

[On Sale](#)

[Quality & Safety](#)

[Healthy Living](#)

[About NOW](#)

[International](#)

[Supplements](#)

[Beauty & Health](#)

[Essential Oils](#)

[Sports Nutrition](#)

[Natural Foods](#)

[Pet Health](#)

[Press Room](#)

[Contact Us](#)

[Shopping FAQ](#)

[Shipping, Payment & Returns](#)

[Product Feedback](#)

[Careers](#)

[Privacy Policy](#)

[Terms & Conditions of Use](#)

[Accessibility Statement](#)

© Copyright 2023 NOW® Foods

Free Mini Duo on \$49 | Code: NEW

Home > Skin Care Products

FILTER BY

CATEGORY

- Anti-Aging Boosters (2)
- Kits & Sets (1)
- Targeted Treatments (2)

SKIN CONCERN

- Anti-Aging (2)

COLLECTION

- Boosters (2)

SKIN TYPE

- All Skin Types (2)
- Combination Skin (2)
- Dry/Very Dry Skin (2)
- Extra Sensitive Skin (2)
- Normal Skin (1)

more

## Supplements for Skin

Sort by: Best Sellers



Beauty Supplement 3-Month Supply

\$100.80 ~~\$126.00~~

★★★★★ 24 Reviews



Hyaluronic Acid + Ceramide Dietary Supplement

\$42.00

★★★★☆ 45 Reviews

showing 1 - 2 of 2

[Beauty skin supplements](#) give skin vital nutrients that enhance its natural glow & amplify the results of topical skin care. Discover which supplements are right for you and which ingredients to look for. Adding skin supplements to your routine is important to improve the skin's appearance and moisture barrier. Learn more about [beauty supplements for skin](#).

**OUR COLLECTIONS**

- Boosters
- Calm
- Clear
- Clinical
- Defense
- Earth Sourced
- Exfoliant
- Hydralight
- Moisture Boost
- Omega+ Complex
- PC4Men
- Resist
- Skin Balancing
- Skin Perfecting
- Skin Recovery
- View All

**WHO WE ARE**

- About Us
- Paula's Story
- Paula's Choice Perks
- COVID-19 Information
- Sustainability & Recycling
- Careers
- Auto Replenishment
- Science Advisory Board
- Research & Education Team
- On The Rise Program

**CLIENT SERVICES**

- Order Status
- Help Center
- Shipping Information
- Return & Exchanges
- Private Consultation
- My Account
- Email Us

**PARTNERS**

- Student Discount
- Affiliate Program
- International

**SIGN UP FOR SPECIAL OFFERS**

1.800.831.4088



**PAYMENT OPTIONS**



**SAFE & SECURE**



Shop Now, Pay with Klarna [Learn More](#)

# PAULA'S CHOICE SKINCARE

Search

Sign In

Bag

Skin Care Products

Skin Concerns

Skin Type

Ingredients

Beautypedia

Home

## FILTER BY

### CATEGORY

- AHA & BHA Exfoliants (30)
- Anti-Aging Boosters (16)
- Antioxidant Serums (15)
- Body Care (12)
- Brightening (7)
- Cleansers (19)
- Eye Care (6)
- Hair Care (2)
- Kits & Sets (20)
- Lip & Smile Care (4)
- Makeup (6)
- Masks (6)
- Men's (5)
- Moisturizers (28)
- Oil Control (13)
- Retinol (14)
- Sun Protection (21)
- Targeted Solutions (4)
- Toners (6)
- Travel Sizes (5)
- Vitamin C (13)
- Targeted Treatments (59)

### SKIN CONCERN

- Acne Breakouts (10)

## Skin Care Products

Sort by: Best Sellers



Limited-Edition Everyday SPF Duo  
\$25.50 ~~\$34.00~~



Limited-Edition Explore SPF Kit  
\$60.00 ~~\$80.00~~



CLINICAL  
Phytoestrogen Elasticity  
Renewal Body Treatment  
\$68.00  
★★★★★ 5 Reviews

**FREE**  
Repair & Boost  
Mini Duo on \$49  
CODE: NEW



NEW



NEW



BEST SELLER



BEST SELLER

- Anti-Aging (72)
- Anti-Pollution Skin Care (18)
- Blackheads (22)
- Bumpy Skin (25)
- Dehydrated Skin (39)
- Dull Skin (53)
- Enlarged Pores (39)
- Firming (29)
- Oil Control (15)
- Redness (32)
- Sun Protection (17)
- Uneven Skin Tone (20)
- Wrinkles (41)

**COLLECTION**

- Boosters (16)
- Calm Redness Relief (11)
- Clear for Acne (11)
- Clinical (14)
- Defense (5)
- Earth Sourced Natural (4)
- Hydralight (2)
- Moisture Boost (2)
- Omega+ Complex (5)
- PC4Men (5)
- Resist Anti-Aging (24)
- Skin Balancing (7)
- Skin Perfecting (12)
- Skin Recovery (7)

**SKIN TYPE**

- All Skin Types (89)
- Combination Skin (121)
- Dry/Very Dry Skin (120)
- Extra Sensitive Skin (47)
- Normal Skin (129)

more



**Pro-Collagen Multi-Peptide  
Booster**

\$58.00  
★★★★★ 28 Reviews



**RESIST  
Triple Active Total Repair Serum**

\$48.00  
★★★★★ 3 Reviews



**Advanced Firm & Brighten Kit**

\$93.60 ~~\$17.00~~  
★★★★★ 5 Reviews



**Advanced Illuminate + Smooth  
Kit**

\$120.80 ~~\$154.00~~  
★★★★★ 6 Reviews



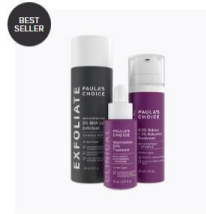
**Niacinamide + BHA Duo**

\$66.40 ~~\$83.00~~  
★★★★★ 7 Reviews



**CLEAR  
Extra Strength Kit**

\$56.80 ~~\$71.00~~  
★★★★★ 103 Reviews



**Advanced Pore Perfecting Kit**

\$118.40 ~~\$148.00~~  
★★★★★ 14 Reviews



**CLEAR  
Regular Strength Kit**

\$56.80 ~~\$71.00~~  
★★★★★ 69 Reviews



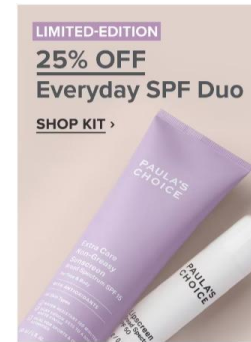
**Niacinamide + Azelaic Acid Duo**

\$70.40 ~~\$88.00~~  
★★★★★ 19 Reviews



**RESIST  
Ultra-Light Super Antioxidant  
Concentrate Serum**

\$43.00  
★★★★★ 416 Reviews







RESIST  
Essential Kit for Normal to Dry  
Skin  
\$106.40 ~~\$193.00~~



BHA for Face & Body Kit  
\$50.40 ~~\$63.00~~  
★★★★★ 1 Reviews



RESIST  
Essential Kit for Normal to Oily  
Skin  
\$105.60 ~~\$192.00~~  
★★★★★ 40 Reviews



SKIN BALANCING  
Invisible Finish Moisture Gel  
\$33.00  
★★★★★ 410 Reviews

LIMITED-EDITION  
**25% OFF**  
Explore SPF Kit  
SHOP KIT >



HYDRALIGHT Shine-Free  
Mineral Complex SPF 30  
\$33.00  
★★★★★ 384 Reviews



Beauty Supplement 3-Month  
Supply  
\$100.80 ~~\$126.00~~  
★★★★★ 24 Reviews



RESIST  
Travel Kit for Normal to Dry Skin  
\$32.80 ~~\$41.00~~  
★★★★★ 15 Reviews





SKIN BALANCING  
Oil-Reducing Cleanser

\$29.00  
★★★★☆ 468 Reviews



SKIN BALANCING  
Super Antioxidant Concentrate  
Serum with Retinol

\$39.00  
★★★★☆ 378 Reviews



Electrolyte + Hyaluronic Acid  
Duo

\$59.20 ~~\$74.00~~  
★★★★★ 2 Reviews



RESIST  
Travel Kit for Normal to Oily Skin

\$36.00 ~~\$45.00~~  
★★★★☆ 5 Reviews



CLEAR  
Extra Strength Travel Kit

\$20.80 ~~\$26.00~~  
★★★★☆ 9 Reviews



CLEAR  
Regular Strength Travel Kit

\$20.80 ~~\$26.00~~  
★★★★☆ 13 Reviews



CLEAR  
Purifying Clay Mask

\$29.00  
★★★★☆ 28 Reviews



Daily Replenishing Body Cream

\$25.00  
★★★★☆ 52 Reviews



PC4MEN  
Soothe + Smooth

\$36.00  
★★★★☆ 24 Reviews



EARTH SOURCED  
Perfectly Natural Cleansing Gel

\$19.00  
★★★★☆ 187 Reviews



PC4MEN  
Shave

\$15.20 ~~\$19.00~~  
★★★★☆ 51 Reviews



Pore Clarifying Charcoal Gel  
Mask

\$34.00  
★★★★☆ 52 Reviews



SKIN BALANCING  
Oil-Absorbing Mask

\$26.00

★★★★☆ 125 Reviews



DEFENSE  
Travel Size Kit

\$32.80 ~~\$41.00~~

★★★★☆ 4 Reviews



EARTH SOURCED  
Purely Natural Refreshing Toner

\$25.00

★★★★☆ 160 Reviews



True Blue Bag

\$7.50 ~~\$15.00~~

★★★★☆ 10 Reviews



Truth in Beauty Pouch

\$2.50 ~~\$5.00~~

★★★☆☆ 8 Reviews



Luggage Tag

\$10.00

★★★★★ 1 Reviews



CALM  
Redness Relief Moisturizer for  
Normal to Dry Skin

\$23.10 ~~\$33.00~~

★★★★☆ 100 Reviews



5% Niacinamide Body Serum

\$29.00

★★★★☆ 27 Reviews

showing 1 - 40 of 150 1 2 3 > >>

Keep your skin at its healthiest with non-irritating, fragrance-free formulas backed by decades of research. Our skin care products offer solutions to fix skin care concerns such as acne, wrinkles, oily skin, dry skin and more.

### YOUR RECENTLY VIEWED ITEMS

YOUR RECENT VIEWED ITEMS



RESIST  
**Triple Active Total Repair Serum**  
\$48.00  
★★★★★ 3



SKIN PERFECTING  
**2% BHA Liquid Exfoliant**  
\$34.00  
★★★★★ 4194

OUR COLLECTIONS

- Boosters
- Calm
- Clear
- Clinical
- Defense
- Earth Sourced
- Exfoliant
- Hydralight
- Moisture Boost
- Omega+ Complex
- PC4Men
- Resist
- Skin Balancing
- Skin Perfecting
- Skin Recovery
- View All

WHO WE ARE

- About Us
- Paula's Story
- Paula's Choice Perks
- COVID-19 Information
- Sustainability & Recycling
- Careers
- Auto Replenishment
- Science Advisory Board
- Research & Education Team
- On The Rise Program

CLIENT SERVICES

- Order Status
- Help Center
- Shipping Information
- Return & Exchanges
- Private Consultation
- My Account
- Email Us

PARTNERS

- Student Discount
- Affiliate Program
- International

SIGN UP FOR SPECIAL OFFERS

1.800.831.4088



PAYMENT OPTIONS

SAFE & SECURE



TRY OUR NEW VITAMIN C ESTER BRIGHTENING & EXFOLIATING POLISH - GET A FREE BRIGHTENING DUO WITH PURCHASE, \$101 VALUE | SHOP NOW

# SUPPLEMENTS

Supplements are the heart of Perricone MD's three-tier philosophy of healthy aging and beautiful skin. Combine supplements with an anti-inflammatory diet and topical skincare to look and feel your very best.



SHOP SUPPLEMENTS

SHOP SUPPLEMENTS



SKIN & TOTAL BODY

STARTING AT  
\$79

[SHOP NOW](#)



SUPER GREENS  
LIME

\$80

[SHOP NOW](#)



OMEGA 3

STARTING AT  
\$42

[SHOP NOW](#)



HEALTH AND WEIGHT  
MANAGEMENT

STARTING AT  
\$70

[SHOP NOW](#)



# 3 TIERS TO A HEALTHY NEW YOU



## THREE TIER PHILOSOPHY

At Perricone MD, we believe in beauty from the inside-out and outside-in. What we feed our bodies and what we put on our skin directly impact one another. We take a holistic approach to promote healthy-looking skin and body through our Three-Tier Philosophy. It consists of a healthy diet, nutritional supplements and potent topical skincare.



### TIER 1: AN ANTI-INFLAMMATORY DIET

The best nutrition plan to minimize the visible signs of aging and reduce inflammation is to eat lean sources of protein, make low-glycemic choices about carbohydrates and choose fruits and vegetables rather than refined, processed foods. Some foods we love are chicken, wild salmon, old-fashioned oats, berries, fresh vegetables, and healthy fats, like those found in avocados, nuts and olive oil.



### TIER 2: NUTRITIONAL SUPPLEMENTS

Since our antioxidant levels are difficult to measure at any given moment, the best way to ensure you have steady protection is to control your dietary intake





of antioxidants. Our supplements are designed to provide our bodies with the appropriate nutrients they need that aren't always obtainable from the foods we eat.

### TIER 3: ADVANCED TOPICAL SKINCARE

Designed to promote the most visible signs of healthy-looking skin, our formulations are rich in antioxidants and nutrients that our bodies naturally create on their own. Because our bodies recognize these ingredients as their own, you will see dramatic results more quickly. The "Three P's" of Tier 3 are: Performing Ingredients, Patented Sciences and Powerful Results.

# 3 TOPICAL SKINCARE



### TRY OUR RECIPES





The Power of Raw Foods – 3 Easy Salads To Make

GET THE RECIPE



Baked Filet of Salmon with Asparagus and Caper-Enriched Lemon Sauce

GET THE RECIPE



Chana Masala with Watercress Recipe

GET THE RECIPE



Cuban Black Bean Soup Recipe

GET THE RECIPE



Greek Yogurt and Berry Parfait Recipe

GET THE RECIPE



Health

GET THE RECIPE

JOIN OUR EMAIL PROGRAM

SUBSCRIBE

FOLLOW US



CUSTOMER SERVICE

- Help Center/FAQs
- Contact Us
- Refunds & Returns
- Delivery Information
- Track my order
- Cookie Settings

RESOURCES

- Skincare Specialists
- Refer a Friend
- Essential Worker Discount
- Student Discount

TERMS & CONDITIONS

- Terms of Use
- Privacy Policy
- Cookie Policy
- Modern Slavery Statement
- Accessibility

THE BRAND

- About Us
- Perricone Plus+ Rewards
- Auto Replenishment Program
- Affiliate Program

THG

2023 The Hut.com Ltd



## SKINCARE

Potent topical skincare solutions backed by powerful ingredients, cutting-edge research and extensive clinical and consumer studies.

[SHOP BEST SELLERS](#)

[SHOP REGIMENS](#)



## SKINCARE

68 results

**GET \$50 OFF.\*** ✕

- Sort by ▾
- Price ▾
- Skin Concern ▾
- SPF Content ▾
- Skincare Products ▾
- Range ▾



GET \$50 OFF.\* X

Vitamin C Ester Brightening & Exfoliating Polish

NEW! GIFT WITH PURCHASE, \$101 VALUE

Essential Fx Acyl-Glutathione Chia Body Oil

NEW! GIFT WITH PURCHASE, \$220 VALUE



GET \$50 OFF.\* ✕

★★★★★ (3)

\$69.00

\$69.00

QUICK BUY

QUICK BUY



GET \$50 OFF.\* ✕



Cold Plasma Plus+ The Essence

GIFT WITH  
PURCHASE  
- UP TO  
\$333  
VALUE

High Potency Retinol Recovery Overnight Moisturizer

GIFT WITH  
PURCHASE,  
\$39 VALUE

GET \$50 OFF.\* X

★★★★★ (1)

Starting at \$22.00

★★★★★ (221)

Starting at \$179.00

QUICK BUY

QUICK BUY



GET \$50 OFF.\* X



Vitamin C Ester Intensive Dark Spot Treatment

NEW! GIFT WITH PURCHASE, \$159 VALUE



Cold Plasma Plus+ Lip Therapy

GIFT WITH PURCHASE, \$17 VALUE

GET \$50 OFF\* X

★★★★★ (482)

★★★★★ (456)

\$29.00

\$69.00

QUICK BUY

QUICK BUY

GET \$50 OFF\* X



Essential Fx Acyl-Glutathione Chia Oil

Vitamin C Ester Intensive Brightening Regimen 15%

BUY BOTH

GET \$50 OFF\* X

BALM, GET

PURCHASE,

\$248

VALUE

BACK FOR A LIMITED TIME



VALUE

Starting at \$10.00

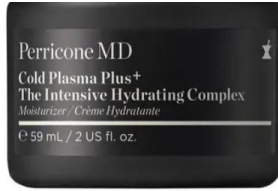
GET \$50 OFF.\* X

498.00

QUICK BUY

QUICK BUY





GET \$50 OFF.\* X

Vitamin C Ester CCC + Ferulic Brightening Complex 20%

Cold Plasma Plus+ The Intensive Hydrating Complex

LIMITED-TIME PRICE REDUCTION - \$79

FREE HAND THERAPY WITH PURCHASE OF 2oz

★★★★★ (324)

Starting at \$40.00

★★★★★ (515)

Starting at \$98.00

GET \$50 OFF.\* X QUICK BUY

QUICK BUY





GET \$50 OFF.\* ✕

High Potency Face Finishing & Firming Toner

GIFT WITH  
PURCHASE,  
\$118 VALUE

High Potency Hyaluronic Intensive Body Therapy

FREE GIFT  
WITH  
PURCHASE,  
\$128 VALUE

GET \$50 OFF.\* X

★★★★★ (438)

\$45.00

QUICK BUY



GET \$50 OFF.\* X  
Perricone MD  
HIGH POTENCY CLASSICS  
Face Finishing & Firming Moisturizer  
Hyaluronic / Chlorophyll / Peptides

★★★★★ (642)

Starting at \$22.00

QUICK BUY

★★★★★ (435)

\$49.00

QUICK BUY



Perricone MD  
Cold Plasma Plus+  
Advanced Serum Concentrate  
Vitamin C / Hyaluronic Acid / Retinol

★★★★★ (1355)

Starting at \$22.00

QUICK BUY



Perricone MD  
HIGH POTENCY CLASSICS  
Hyaluronic Intensive Moisturizer  
Hyaluronic / Chlorophyll / Peptides

★★★★★ (356)

\$75.00

QUICK BUY



Perricone MD  
HIGH POTENCY CLASSICS  
Face Finishing & Firming Tinted Moisturizer  
Broad Spectrum SPF 30

★★★★★ (517)

\$75.00

QUICK BUY



Essential Fx Acyl-Glutathione Intensive Overnight Moisturizer

GET \$50 OFF\* X



\$179.00



Vitamin C Ester Photo-Brightening Moisturizer Broad Spectrum SPF 30

★★★★★ (382)

Starting at \$22.00



Cold Plasma Plus+ CBD Advanced Serum Concentrate

BUY ONE, GET ONE FREE

★★★★★ (7)

GET \$50 OFF.\* X

\$159.00

QUICK BUY

QUICK BUY

QUICK BUY



High Potency Classics Nutritive  
Cleanser

★★★★★ (335)

Starting at \$15.00

QUICK BUY

GET \$50 OFF.\* X

GET \$50 OFF.\* X

JOIN OUR EMAIL PROGRAM

JOIN OUR EMAIL PROGRAM

SUBSCRIBE

CUSTOMER SERVICE

- Help Center/FAQs
- Contact Us
- Refunds & Returns
- Delivery Information
- Track my order
- Cookie Settings

FOLLOW US

FOLLOW US



RESOURCES

- Skincare Specialists
- Refer a Friend
- Essential Worker Discount
- Student Discount

TERMS & CONDITIONS

- Terms of Use
- Privacy Policy
- Cookie Policy
- Modern Slavery Statement
- Accessibility

THE BRAND

- About Us
- Perricone Plus+ Rewards
- Auto Replenishment Program
- Affiliate Program

THG

GET \$50 OFF.\* X

Inc. Ltd



TRY OUR NEW VITAMIN C ESTER BRIGHTENING & EXFOLIATING POLISH - GET A FREE BRIGHTENING DUO WITH PURCHASE, \$101 VALUE | SHOP NOW >

## SKINCARE

Potent topical skincare solutions backed by powerful ingredients, cutting-edge research and extensive clinical and consumer studies.

SHOP BEST SELLERS

SHOP REGIMENS



## SKINCARE

68 results

GET \$50 OFF.\* X

< 1 2 3 4 >

Sort by v

Price v

Skin Concern v

SPF Content v

Skincare Products v

Range v





**GET \$50 OFF.\*** X Acyl-Glutathione  
Brightening Under-Eye  
Cream  
★★★★★ (214)  
\$122.00

Vitamin C Ester Citrus Brightening  
Cleanser  
★★★★★ (109)  
Starting at \$15.00

Vitamin C Ester Brightening Eye  
Serum  
★★★★★ (294)  
\$60.00

Vitamin C Ester Brightening  
Overnight Treatment  
★★★★★ (355)  
\$99.00

QUICK BUY

QUICK BUY

QUICK BUY

QUICK BUY



Essential Fx Acyl-Glutathione  
Rejuvenating Moisturizer

**GET \$50 OFF.\*** X



\$28.00



Hypoallergenic CBD Sensitive Skin Therapy Soothing & Hydrating Eye Cream

SAVE 50% OFF  
HYPOALLERGENIC  
CBD AND GET A  
FREE GIFT. USE  
CODE: HYPO50

GET \$50 OFF.\* X

★★★★★ (405)

\$72.00

QUICK BUY

QUICK BUY



GET \$50 OFF.\* ✕



Essential Fx Acyl-Glutathione Eyelid Lift Serum

★★★★☆ (223)

\$122.00



High Potency Classics Firming Eye Lift

★★★★☆ (344)

\$72.00

Hypoallergenic CBD Sensitive Skin Therapy Nourishing & Calming Moisturizer

SAVE 50% OFF HYPOALLERGENIC CBD AND GET A FREE GIFT. USE CODE: HYPO50

GET \$50 OFF.\* ✕

★★★★★ (433)

\$75.00

QUICK BUY

QUICK BUY

QUICK BUY



GET \$50 OFF\* X

Classics Face Firming

High Potency Growth Factor Firming & Lifting Eye Serum

High Potency Hyaluronic Intensive Hydrating Serum

Cold Plasma Plus+ Sub-D/Neck

★★★★★ (414)

\$99.00

QUICK BUY

★★★★★ (432)

\$72.00

QUICK BUY

★★★★★ (439)

\$129.00

QUICK BUY

★★★★★ (397)

Starting at \$135.00

QUICK BUY





Cold Plasma Plus+ Advanced Eye Cream

GET \$50 OFF.\* X

\$110.00



No:Rinse Intensive Pore Minimizing Toner

★★★★★ (319)

\$45.00



Acne Relief Gentle & Soothing Cleanser

SAVE 50%  
ON ACNE  
RELIEF  
PRODUCTS  
WITH  
CODE:  
ACNE50

★★★★★ (5)

\$35.00

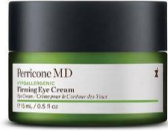
GET \$50 OFF.\* X

QUICK BUY

QUICK BUY

QUICK BUY





Hypoallergenic Firming Eye Cream

★★★★★ (268)

\$72.00

QUICK BUY



Vitamin C Ester Brightening Amine Face Lift

★★★★★ (370)

\$99.00

QUICK BUY



Essential Fx Acyl-Glutathione Deep Crease Serum

★★★★★ (253)

\$179.00

QUICK BUY



Cold Plasma Plus+ Neck & Chest Broad Spectrum SPF 25

★★★★★ (276)

\$89.00

QUICK BUY

GET \$50 OFF.\* X

GET \$50 OFF.\* X

JOIN OUR EMAIL PROGRAM

FOLLOW US

JOIN OUR EMAIL PROGRAM

SUBSCRIBE

FOLLOW US



CUSTOMER SERVICE

- Help Center/FAQs
- Contact Us
- Refunds & Returns
- Delivery Information
- Track my order
- Cookie Settings

RESOURCES

- Skincare Specialists
- Refer a Friend
- Essential Worker Discount
- Student Discount

TERMS & CONDITIONS

- Terms of Use
- Privacy Policy
- Cookie Policy
- Modern Slavery Statement
- Accessibility

THE BRAND

- About Us
- Perricone Plus+ Rewards
- Auto Replenishment Program
- Affiliate Program

THG

GET \$50 OFF.\* X

THG Cosmetics Ltd





search



Find Swanson at a Store Near You

Customer Service: 1-800-824-4491

EasyRefill

Blog

Brands

Specials

Health Concerns

Vitamins & Supplements

Herbs

Minerals

Health Food & Grocery

Beauty & Personal Care

Protein & Fitness

Home & Pet

Your Selection

× clear all

Vitamins and Supplements

sort by

Relevance

1 - 24 of 3157 items

page 1

× Supplements

Supplements

Category

- Probiotics (292)
- CBD (238)
- Omega 3 (237)
- Amino Acids (226)
- Greens and Superfoods (225)

+ show more

Brands

- Swanson Health Products (474)
- NOW Foods (278)
- Source Naturals (187)
- Garden of Life (141)
- Jarrow Formulas, Inc. (93)

+ show more

More Ways to Browse

- On Sale Now (117)
- Buy One, Get One (35)
- New Arrivals (14)

Specialty



BOOB

Swanson Probiotics

Dr. Stephen Langer's Ultimate 16 Strain Probiotic with FOS

★★★★★ (1096)  
3.2 Billion CFU 60 Veg Caps

2 for \$15.99

add to cart

compare products



Swanson Ultra

CoQ10 - High Potency

★★★★★ (447)  
100 mg 100 Sgels

\$14.29

add to cart

compare products



Swanson Premium

NAC N-Acetyl Cysteine

★★★★★ (313)  
600 mg 100 Caps

\$11.69

add to cart

compare products



Swanson Premium

Omega-3 Fish Oil - Lemon Flavor

★★★★★ (286)  
150 Sgels

\$8.49

add to cart

compare products





- Price +
- Potency +
- Form +
- Flavor +

  
Swanson Ultra  
CoQ10 - Maximum Strength

★★★★★ (426)  
200 mg 90 Caps  
\$23.99

add to cart

compare products

  
Swanson Ultra  
Alpha Lipoic Acid

★★★★★ (179)  
300 mg 120 Caps  
\$15.99

add to cart

compare products

  
Swanson Premium  
Quercetin - High Potency

★★★★★ (158)  
475 mg 60 Veg Caps  
\$15.29

add to cart

compare products

  
Swanson Premium  
Collagen Hydrolysate Powder - Collagen Peptides

★★★★★ (273)  
16 oz Pwdr  
\$20.49

add to cart

compare products



Swanson Ultra  
Resveratrol

★★★★★ (173)  
100 mg 30 Caps  
2 for \$10.29

add to cart

compare products

BOGO



Swanson Ultra  
Apple Cider Vinegar - High Potency

★★★★★ (146)  
625 mg 180 Caps  
\$8.99

add to cart

compare products



Swanson Ultra  
Triple Strength Melatonin - 100% Drug Free

★★★★★ (571)  
10 mg 60 Caps  
2 for \$7.99

add to cart

compare products

BOGO



Prevagen  
Prevagen Regular Strength

★★★★☆ (38)  
10 mg 60 Caps  
\$74.95

add to cart

compare products



Swanson Ultra  
Oral Probiotic Formula - Natural  
Strawberry Flavor

★★★★★ (73)  
3 billion CFU 30 Chwbls

\$9.89

[add to cart](#)

compare products

Swanson EFAs  
100% Pure Krill Oil

★★★★★ (500)  
500 mg 60 Sgels

\$16.99

[add to cart](#)

compare products

Swanson Premium  
Quercetin & Bromelain - Advanced  
Formula

★★★★★ (119)  
250 Caps

\$32.99

[add to cart](#)

compare products

Swanson Ultra  
FemFlora Probiotic for Women

★★★★★ (193)  
9.8 Billion CFU 60 Caps

\$11.99

[add to cart](#)

compare products



Swanson Premium  
Maximum Strength L-Arginine

★★★★★ (50)  
850 mg 90 Caps  
2 for \$9.99

[add to cart](#)

compare products

BOGO



Amazing Herbs  
Black Seed 100% Pure Cold-Pressed  
Black Cumin Seed Oil

★★★★★ (36)  
8 fl oz Liq  
\$32.18

[add to cart](#)

compare products



NOW Foods  
Super Enzymes

★★★★★ (141)  
180 Caps  
\$25.09

[add to cart](#)

compare products



Swanson Premium  
Acetyl L-Carnitine

★★★★★ (66)  
500 mg 100 Veg Caps  
\$15.99

[add to cart](#)

compare products



Swanson Ultra  
Alpha Lipoic Acid



Swanson Premium  
GABA - High Potency



Swanson Ultra  
Ubiquinol



Swanson Probiotics  
Epic Pro 25-Strain Probiotic

BOGO

★★★★★ (133)  
600 mg 60 Caps

\$13.99

add to cart

compare products

★★★★★ (161)  
500 mg 100 Caps

\$9.99

add to cart

compare products

★★★★★ (167)  
100 mg 120 Sgels

\$51.99

add to cart

compare products

★★★★★ (208)  
30 Billion CFU 30 Veg Caps

2 for \$23.99

add to cart

compare products

1 - 24 of 3157 items < page 1 >

compare items ×

Contact Us

Exclusive Emails and Text Offers!



Get deals and news straight to your inbox!



Receive SMS text alerts on our best sales and new products

CUSTOMER CARE

- \*promotion details
- website feedback
- help
- shipping
- returns

ABOUT SWANSON

- our quality code
- social responsibility
- privacy & security
- swanson cares

SWANSON COUPONS

CAREERS

INTERNATIONAL

- distributors



\*Some exclusions apply. See Details

These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease or health condition.

Amino Acids Beauty Brands CBD Concerns Fitness Grocery Home Minerals Vitamins

Herbs / A-B • C-F • G-K • L-N • O-R • S-Z

© 2020 Swanson [Terms of Service](#) [Privacy Policy](#) [Shipping](#) [FAQ](#)





search



Find Swanson at a Store Near You Customer Service: 1-800-824-4491

EasyRefill Blog Brands Specials

Health Concerns Vitamins & Supplements Herbs Minerals Health Food & Grocery Beauty & Personal Care Protein & Fitness Home & Pet

Your Selection × clear all

Beauty and Personal Care

× Skin Care

sort by Relevance

1 - 24 of 658 items page 1

Category

- Skin Moisturizers (282)
- Soap (193)
- Lotion (66)
- Body Wash (45)
- Aloe (34)

+ show more

Brands

- Swanson Health Products (32)
- NOW Foods (36)
- Desert Essence (29)
- Dr. Bronner's (23)
- Jason (22)

+ show more

20% OFF

- New Arrivals (5)
- On Sale Now (4)
- Buy One, Get One (1)

Specialty

Skin Care



Swanson Premium Hyaluronic Acid Serum - 2 Pack

★★★★★ (67)  
2 Pack (1 fl oz Liq)

\$14.39

add to cart

compare products



Swanson Premium Certified Organic Cold-Pressed Castor Oil

★★★★★ (56)  
16 fl oz Liq

\$14.79

add to cart

compare products



Kirk's Gentle Castile Soap - Fragrance Free

★★★★★ (82)  
4 oz Bar(s)

\$2.59

add to cart

compare products



American Biotech Labs SilverBiotics Silver Gel

★★★★★ (43)  
4 oz Gel

\$19.99

add to cart

compare products



- Price +
- Potency +
- Form +
- Flavor +

🛒 20% OFF ✕



Heritage Store  
Organic Castor Oil  
★★★★★ (17)  
16 fl oz Liq  
\$19.99

add to cart

compare products



NOW Foods  
Castor Oil  
★★★★★ (26)  
16 fl oz Liq  
\$9.09

add to cart

compare products



Chandrika  
Ayurvedic Soap  
★★★★★ (144)  
2.64 oz Bar(s)  
\$1.75

add to cart

compare products



Swanson Premium  
Vitamin K Cream with Menaquinone-7  
★★★★☆ (18)  
2 fl oz Cream  
\$6.99

add to cart

compare products



Kirk's  
Gentle Castile Soap - Fragrance Free  
★★★★★ (25)  
3 - 4 oz Bar(s)  
\$6.89

add to cart

compare products



Home Health  
Castor Oil  
★★★★★ (16)  
8 fl oz Liq  
\$5.59

add to cart

compare products



Swanson Premium  
Hyaluronic Acid Serum  
★★★★★ (217)  
1 fl oz Serum  
\$7.99

add to cart

compare products



Grandpa Soap Co.  
Pine Tar Soap  
★★★★☆ (80)  
4.25 oz Bar(s)  
\$5.79

add to cart

compare products



Swanson Premium  
Retinol Cream



Swanson Condition Specific Formulas  
Leg Vein Essentials Cream



Swanson Ultra  
Australian Tea Tree Oil



Home Health  
Castor Oil

🛒 20% OFF ✕

★★★★★ (103)  
2 fl oz Cream  
\$8.99

add to cart

compare products



Swanson Premium  
Rosewater Mist

★★★★★ (5)  
8 fl oz Liq  
\$5.44 | 60% OFF  
\$13.59

add to cart

compare products

★★★★★ (20)  
4 fl oz Cream  
\$11.79

add to cart

compare products



Swanson Premium  
Vitamin C Cream

★★★★★ (60)  
2 fl oz Cream  
\$10.89

add to cart

compare products

★★★★★ (88)  
4 fl oz Liq  
\$18.09

add to cart

compare products



Pura D'Or  
Organic Rosehip Seed Oil

★★★★★ (4)  
4 fl oz Liq  
\$12.49

add to cart

compare products

★★★★★ (13)  
16 fl oz Liq  
\$10.84

add to cart

compare products



Swanson Premium  
Retinol Cream - 2 Pack

★★★★★ (12)  
2 Pack (2 fl oz Cream)  
\$14.39

add to cart

compare products

🛒 20% OFF ✕



Swanson Ultra  
Australian Tea Tree Oil

★★★★★ (22)  
0.5 fl oz Liq



Auromere  
Ayurvedic Bar Soap Himalayan Rose

★★★★★ (25)  
2.75 oz Bar(s)



Sundown Naturals  
Vitamin E Oil

★★★★★ (18)  
70,000 IU 2.5 fl oz Liq



Auromere  
Ayurvedic Bar Soap Sandalwood-Turmeric

★★★★★ (35)  
2.75 oz Bar(s)

\$5.69

add to cart

compare products

\$2.77

add to cart

compare products

\$9.39

add to cart

compare products

\$2.77

add to cart

compare products

20% OFF

1 - 24 of 658 items page 1

compare items

Contact Us

Exclusive Emails and Text Offers!



Get deals and news straight to your inbox!



Receive SMS text alerts on our best sales and new products

CUSTOMER CARE

\*promotion details  
website feedback  
help  
shipping  
returns

ABOUT SWANSON

our quality code  
social responsibility  
privacy & security  
swanson cares

SWANSON COUPONS

CAREERS

INTERNATIONAL

distributors

20% OFF



\*Some exclusions apply. See Details

These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease or health condition.

Amino Acids Beauty Brands CBD Concerns Fitness Grocery Home Minerals Vitamins

Herbs / A-B • C-F • G-K • L-N • O-R • S-Z

© 2023 Swanson - Terms of Service - Privacy Policy - Sitemap





Live Chat

20% OFF

This image shows two overlapping promotional banners. The top banner is green with rounded corners and contains a white chat icon followed by the text "Live Chat". The bottom banner is orange with rounded corners and contains a white coupon icon followed by the text "20% OFF" and a white "X" icon in the top right corner.



ABOUT DIRTEA

## Why Mushrooms?

---

[WHY MUSHROOMS?](#) [OUR STORY](#) [QUALITY INGREDIENTS](#)

---

**Why mushrooms?** Honestly, why the hell not?

We get it, they're quite literally old as dirt. But let us tell you

we get it, they're quite literally old as dirt. But let us tell you... they have always been here and people have always been fascinated by them. Literally for centuries, all different cultures have experienced the **unexpected magic** of functional mushrooms.

So when did it begin? About 1.3 billion years ago, they were the very first living thing to come from the sea to the dry land. What's remarkable is... us humans, share an evolutionary history with them. We come from the same kingdom as mushrooms, so we are actually a lot closer to mushrooms than plants. In fact, it is said that we share **50% of our DNA** with mushrooms. They even breathe like us and produce **Vitamin D** when exposed to sunlight.

Where are they? Everywhere! Fungi makes up 25% of the world's biomass. Every breath we take we inhale mushroom spores i.e. seeds of mushrooms.

Without fungi there would be no trees (they can't grow without them) and there would be no antibiotics (antibiotics are derived from Fungi).

There's 1000s of different mushroom species but only a few hold the title of functional, hello DIRTEA mushrooms! Enhancing your day with these little wonders from the forest underground can give you **natural energy**, boost your **immune system** and lead to being more creative, **less stressed** and more connected to the world around you so you can strengthen your network – with people, and within nature. Why mushrooms you asked... why not mushrooms?

NEWSLETTER

Make your inbox DIRTEA

Subscribe

# DIRTEA

© DIRTEA 2023

DIRTEA® IS A TRADEMARK OF DIRTEA LIMITED.

[FAQS](#) [SHIPPING & RETURNS](#) [RECIPES](#) [CONTACT](#) [CAREERS](#)

[SUBSCRIPTION MODEL](#)

[TERMS & CONDITIONS](#) [PRIVACY & COOKIE NOTICE](#)



10% OFF



Support: 971-200-8350 [Sign in](#)

[Contact Us](#)



Shop ▾ About ▾ Azure Life

Show Quick-Add

Subtotal: \$0





AZURE TEAM • FEBRUARY 21, 2017

## Learn Health Benefits of Dried Mushrooms from Pistol River



In our quest to find outstanding new products, we've searched for healthy organic foods, practical household solutions, and delectable treats from around the world. This month we're proud to introduce a line of dried mushrooms from [Pistol River Oregon](#) that qualify as both a culinary delight and a nutritional superfood.



Pistol River offers [Chanterelles](#), [Black Trumpet](#), [Shiitakes](#)



and [Porcini](#) mushrooms and a [wild mix of six different types of mushrooms](#). Shiitakes, often called “the medicine mushroom,” are forest-grown on 100% natural oak and are naturally air-dried with no chemicals or pesticides. Dried Shiitakes are less than half the price of fresh Shiitakes, but they retain all the flavor. These mushrooms can be stored for a long time in your freezer so keep some on hand for your next Asian stir fry. Simply soak them in hot tap water for 10 minutes, rinse, blot, slice, and add to your dish.

Shiitake mushrooms have long been recognized as a very good, non-animal source of iron. All mushrooms contain substantial nutrients, including protein, enzymes, B vitamins (especially niacin), and vitamin D2. Mushrooms (and dried mushrooms) are excellent sources of antioxidants as they contain polyphenols and selenium, which are common in the plant world. But they also contain antioxidants that are unique to mushrooms, such as ergothioneine, which scientists are now beginning to recognize as a ‘master antioxidant.’



Porcini Dried Mushrooms have a strong earthy, nutty flavor and grow only in the wild. Black Trumpet Mushrooms, also known as “Horn of Plenty,” grow wild and are harvested from the forests of the Pacific Northwest. They are cleaned and naturally air-dried with no chemicals or pesticides. They have a warm, earthy flavor with smoky overtones that make them great for soups, stews and casseroles. They re-hydrate fast in hot water.

Dried mushrooms are more convenient and affordable. And oh so good for you. Order yours today!

[Leave a rating](#)

5



2 ratings



0 Comments

1 ONLINE

Sort By Latest

We love to hear from our customers and welcome you to join the conversation by leaving your comments below.

Azure is a family and sometimes families can have areas of disagreement. Disagreement is okay, as long as it's done in a healthy and respectful way.

Foul language, disparaging others, lewd or malicious comments and such is not welcome in the Azure community! 🙅

Share your voice! The Azure Community is strong and filled with wisdom. 🙋

LOG IN TO COMMENT



### About Us

Contact Us  
Who We Are

### Join In

How It All Works  
Find A Drop

### Drop Coordinators

Start Your Own Drop  
Your Drop On Facebook

### Azure Links



Azure Publications



[Our History](#)

[Core Values](#)

[Product Standards](#)

[Careers At Azure](#)

[Opportunities For Drivers/Carriers](#)

[Request A Catalog/Sales Flyer](#)

[Suggest A Product](#)

[Wholesale Customers](#)

[Drop Marketing Kit](#)

[Anchor Drops](#)

[Azure Vendor Resources](#)

[Azure Blog](#)

[Podcast](#)

[Brands Azure Sells](#)

[Organic Food Recipes](#)

[Frequently Asked Questions](#)

[Pricing & Billing Info](#)








[Home](#)



## The Nutrition Source

[Home](#) > [The Nutrition Source](#) > [Food Features](#) > [Mushrooms](#)

Search this section 

- [Home](#)
- [Nutrition News](#)
- [What Should I Eat?](#) 
- [Healthy Drinks](#) 
- [Salt and Sodium](#) 
- [Carbohydrates](#) 
- [Sustainability](#) 
- [Healthy Weight](#) 
- [Staying Active](#) 
- [Stress](#)

### Mushrooms

An often under-appreciated food, mushrooms have been eaten and used as medicine for thousands of years. Traditional and folk medicine practitioners laud the bell-shaped fungi for their healing and cleansing properties. All varieties of mushrooms are low in calories and fat, and contain modest amounts of fiber and various nutrients. Perhaps the more interesting properties of mushrooms are their non-nutritive plant substances—polysaccharides, indoles, polyphenols, and carotenoids in which cell and animal studies have shown antioxidant, anti-



#### Explore Other Food Features:

- [Almonds](#)
- [Apples](#)
- [Aquatic Foods](#)
- [Avocados](#)
- [Bananas](#)
- [Brussels Sprouts](#)
- [Chia Seeds](#)
- [Coconut Oil](#)
- [Coffee](#)
- [Dairy](#)
  - [Milk](#)
  - [Cheese](#)
  - [Yogurt](#)

- [Sleep](#)
- [Healthy Longevity](#)
- [Disease Prevention](#) ▾
- [Recipes](#) ▾
- [Food Features](#)
- [Additional Resources](#)
- [About](#)
- [FAQ](#)
- [Contact](#)

inflammatory, and anticancer effects. [1]

Mushrooms are also recognized by chefs for their ability to create savory rich flavors called umami, thanks to the presence of an amino acid called glutamate, which is also found in meats, fish, cheeses, and simmering soups.

Although considered a vegetable, mushrooms are neither a plant nor animal food. They are a type of fungus that contains a substance called ergosterol, similar in structure to cholesterol in animals. Ergosterol can be transformed into vitamin D with exposure to ultraviolet light. Mushrooms vary in appearance with more than 10,000 known types, but generally they are distinguished by a stem, fleshy rounded cap, and gills underneath the cap. China and the U.S. are among the top five producers of mushrooms worldwide.

**Source Of**

- [B vitamins](#) (B2, B3, folate, B5)
- [Phosphorus](#)
- [Vitamin D](#)
- [Selenium](#)
- Copper
- [Potassium](#)

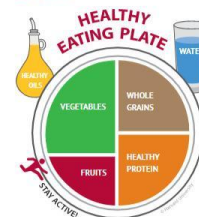


**Are mushrooms a good source of vitamin D?**

The quick answer is maybe. Because mushrooms sold in supermarkets are usually grown in dark, controlled environments indoors, they will contain little if any [vitamin D](#). But some manufacturers expose mushrooms to ultraviolet (UV) light to increase their content of vitamin D, either by natural sunlight or a UV lamp. A substance in mushrooms called ergosterol then produces vitamin D2 (ergocalciferol), a form found only found in plants. Vitamin D2 is also added to fortified foods and supplements. The other main form of vitamin D is D3

- [Dark Chocolate](#)
- [Eggs](#)
- [Kale](#)
- [Legumes and Pulses](#)
  - [Chickpeas \(Garbanzo Beans\)](#)
  - [Lentils](#)
- [Mushrooms](#)
- [Oats](#)
- [Quinoa](#)
- [Rice](#)
- [Sweet Potatoes](#)
- [Tea](#)
- [Vinegar](#)
- [Water](#)
- [Winter Squash](#)

**Explore:**



Create healthy, balanced meals using this visual guide as a blueprint.

**Support The Nutrition Source**

Thank you for supporting our mission of translating food and nutrition

(cholecalciferol) found in animal foods (egg yolks, oily fish) and supplements. Both will effectively raise blood levels of vitamin D, though D3 may be absorbed slightly better and break down more slowly than D2. [2]

The amount of vitamin D mushrooms contain varies widely and depends on how long the mushrooms are exposed to UV light. Estimates show that fresh wild mushrooms like chanterelles and morels can contain up to 1200 IU of vitamin D per 3.5-ounce serving, whereas mushrooms grown in darkened conditions like white button, shiitake, and oyster contain less than 40 IU. [3] However, button mushrooms that are exposed to sunlight can produce up to 400 IU vitamin D per 3.5-ounce serving though the exact amount depends on factors related to their UV exposure such as the time of day, season, latitude, and duration. Mushrooms treated with UV lamps can produce even higher amounts of vitamin D. Even after harvesting, mushrooms can continue to produce vitamin D, whether exposed to UV light from the sun or a lamp.

Dried mushrooms also contain the vitamin. Some estimates show dried mushrooms to contain about 600 IU of vitamin D2 per 3.5 ounces if stored in dark, cool, dry conditions for up to 6 months (the vitamin may start to break down after that time). [3]

Humidity and cooking mushrooms in water do not appear to affect vitamin D content in mushrooms, but cooking them in fat (such as oils) can cause the vitamin to leach out because it is fat-soluble.

### Mushrooms and Health

Edible mushrooms like maitake and shiitake have also been used as medicine throughout history. Other mushrooms that are too tough to eat have been used solely for medicinal purposes such as reishi. Plant chemicals and components in mushrooms may exert antioxidant, anti-inflammatory, and anticancer effects, but the exact mechanism is still unclear and an area of active research. [4] Animal and cell studies show that

knowledge into daily practice!

MAKE A GIFT

The Nutrition Source

**Update**

A monthly update filled with nutrition news and tips from Harvard experts—all designed to help you eat healthier. [Sign up here.](#)



Explore the [downloadable guide](#) with tips and strategies for healthy eating and healthy living.

mushrooms can stimulate the activity of immune cells, macrophages, and free radicals that can stop the growth and spread of tumor cells and cause existing tumor cells to die. [5] Various polysaccharides in mushrooms including beta-glucans are believed to exert these cancer-fighting properties. [4,6]

► Cognition

► Gut health

► Cardiometabolic diseases and cancer

### **Purchase**

There are thousands of varieties of mushrooms, with different colors, shapes, and sizes. Because some wild mushrooms can cause stomach upset or allergic reactions, or may even be poisonous, your safest bet is to stick to supermarket varieties and avoid picking and eating raw wild mushrooms on your own.

The common button mushroom (*Agaricus bisporus*) is the most common in the U.S. It is the mildest-tasting mushroom and can be eaten raw or cooked.

Other types of mushrooms available for sale include:

**Chanterelle:** the cap is a wavy golden trumpet-like shape

**Cremini (baby bella):** a young Portobello mushroom that is dark and firm

**Enoki:** long, thin white stems with small white caps that are eaten raw or cooked

**Maitake:** a head that resembles flowering leaves

**Morel:** the cap is a spongy dimpled oblong shape

**Oyster:** a fan-shaped delicate cap

**Porcini:** a reddish-brown rounded cap with a thick cylindrical stem

**Portobello:** a large brown thick cap with rich juicy flavor that work well as a meat substitute

**Shiitake:** a dark brown umbrella cap with a thin cream-colored stem

Mushrooms that have been specially treated with UV light may carry a label on the front of the package that says “UV-treated” or “rich in vitamin D,” or display the exact amount of vitamin D they contain.



### Is a truffle a mushroom?

This pricey delicacy typically reserved for restaurant dishes is a type of fungus that is generally classified as a mushroom, though there are slight differences. Truffles grow underground attached to the roots of trees, whereas mushrooms grow above ground. They don't have a stem, which is distinctive of other mushrooms, and look like a small brown lumpy potato. Truffles can have a strong flavor and aroma in contrast to the mild earthy or even neutral flavor of mushrooms. Common mushrooms grow year round, while truffles have a short growing season. Some truffles are famously expensive, at thousands of dollars per pound, such as the white truffle that grows about 3 months of the year and is difficult to find underground. Because of their rarity and top price, they may be served sparingly as fresh shavings or infused into sauces, and are often paired with rich cheese and meat dishes.

### Storage

Select mushrooms with firm whole caps with an even texture. They should be refrigerated until use, but ideally within one week. Do not wash or clean them until just before using. Storing in a brown paper bag with the top open will help to absorb moisture and keep them from spoiling, as opposed to tight plastic wrapping that traps moisture. Because they are about 80-90% water, mushrooms do not freeze well, becoming mushy when defrosted.

### Make

Mushrooms are delicate and should be cleaned gently. Either place them under gentle running water to release any dirt or brush dirt off with a dampened paper towel.

Cooking mushrooms in high-temperature water such as boiling and microwaving may cause its water-soluble nutrients (B vitamins, potassium) to escape in the cooking water. Sautéing quickly over high heat, or simmering over low heat, such as in soups, are ideal cooking methods for preserving nutrients.

- Add chopped mushrooms into salads, omelets, scrambled eggs, stir-fries, pasta sauces, chilis, or soups.
- Sauté mushrooms in olive oil and add to cooked pasta or whole grains.
- Grill large portobello mushroom caps. Remove the stems and gills if desired. Marinate the mushrooms for 10 minutes in a favorite sauce. Grill for about 3 minutes each side until they caramelize.
- [Mushrooms make a great replacement for meat](#) because of their umami flavor. Replace about a quarter to a half of the meat in a recipe with chopped mushrooms.



#### What is umami?

Umami is considered the fifth basic taste, alongside sweet, sour, salty, and bitter. It is a savory flavor created by glutamates in food, most commonly found in meat, fish, sauces, soups, cooked, tomatoes, cheeses, soy sauce, and fermented foods. Mushrooms are one of the few plants foods that have strong umami flavor.

Umami flavors can enhance low-sodium foods, reducing the need for added salt. Monosodium glutamate (MSG) is a processed form of glutamate and flavor enhancer in soups, Chinese foods, and processed meats. Some people describe temporary symptoms after eating foods high in MSG including headaches, flushing, and even chest pain. However, there is no definitive research to show that MSG causes these symptoms. The best treatment if one consistently experiences these symptoms is to avoid foods with MSG.

#### More recipe ideas and serving suggestions featuring mushrooms:

- [Wild Mushroom Soup with Soba](#)
- [Barley Roasted Portobello and Fennel Salad](#)
- [Braised Oyster Mushrooms, Coconut, and Macadamia](#)
- [Marinated Shiitake Mushroom and Cucumber Salad](#)



- [Pan Roasted Wild Mushrooms with Coffee and Hazelnuts](#)
- [Mushroom Barley Risotto](#)
- [Mushroom Stroganoff](#)
- [Mushroom Tofu Veggie Burger](#)
- [Three-Green & Wheat Berry Salad with Mushroom “Bacon”](#)
- [White Beans, Wild Rice and Mushrooms](#)

### Did You Know?

Not all mushrooms are edible. Wild mushrooms with white gills or a ring around the stem are considered poisonous. Some other inedible mushrooms look like edible mushrooms, so unless one is trained in recognizing wild mushrooms, it's best to find your mushrooms at the market!

### ▶ References

### Terms of Use

*The contents of this website are for educational purposes and are not intended to offer personal medical advice. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. The Nutrition Source does not recommend or endorse any products.*

Information For: [Prospective Students](#) [Current Students](#) [Alumni](#) [Faculty & Staff](#) [Friends & Supporters](#)

<a href="#">ABOUT</a> ▼	<a href="#">FACULTY AND RESEARCH</a> ▼	<a href="#">ADMISSIONS &amp; AID</a> ▼
<a href="#">ACADEMICS</a> ▼	<a href="#">EXECUTIVE/CONTINUING ED</a> ▼	<a href="#">NEWS</a> ▼





SCHOOL OF PUBLIC HEALTH  
Powerful ideas for a healthier world

677 Huntington Avenue, Boston, MA 02115



[Harvard Chan Home](#) | [Contact Us](#) | [Harvard University Home](#) | [Make a Gift](#) | [Privacy Policy](#) | [Report Copyright Violation](#) | [Accessibility](#)

Copyright © 2023 The President and Fellows of Harvard College



Latest Articles   Buying Guides   Product Reviews

## Health & Wellness

# The Top-Rated Lion's Mane Supplements Of 2023



**Peter Gold**  
Health Editor

Peter is a practitioner of naturopathic medicine, applying his craft in the Pacific Northwest. His passion is preventive care and self-healing. His philosophy is healthy habits help people live their lives to the fullest.

### How We Found the Best Mushroom Supplements



82 Mushroom  
Supplements



3 Experts  
Consulted



5 Top Picks

One of the fastest-rising supplement categories today is mushrooms. Traditional Chinese practice has used mushrooms for thousands of years to treat various ailments, detoxify the body, and provide overall well-being and longevity.<sup>1</sup>

Modern science has recently unraveled the mystery behind how these fungi work to help support **memory, focus, immune function, energy, and even reduce anxiety and inflammation.**

This new popularity has led to hundreds of mushroom supplements flooding the marketplace. While these supplements all promise to deliver benefits

#### Top 5 Mushrooms

[Guide To Mushroom Supplements](#)

[How Mushrooms Work](#)

[Mushroom Benefits](#)

[Mushroom Benefits](#)

[Mushroom Benefits](#)



the marketplace. While these supplements all promise to deliver benefits, the reality is that too many fall short.

Some of the most popular brands use ineffective forms or insufficient levels of mushrooms. Others use mushrooms that do not have enough scientific evidence to support their claims. To make matters worse, we found that some popular mushroom supplements don't even contain actual mushrooms.

## How To Pick A Good Mushroom Supplement & Avoid The Junk

With so many options, many of us might still be unclear about what to look for in a quality mushroom supplement. To help cut through the clutter, we have compiled months of research about the key mushrooms that have been shown in studies to offer real benefits.

This short guide will help you know what to look for and what to avoid so you can make an informed decision regarding your mushroom supplements needs. We will also list out the top 5 mushroom supplements sold today.

Let's take a moment to understand precisely how mushrooms work and why it's essential to add it to your daily routine.

### Mushrooms: What Are They All About?

Natural mushrooms are loaded with polysaccharides, antioxidants, amino acids, polyphenols, and digestive enzymes. Most of the scientific research related to mushrooms is focused on a specific type of soluble fiber found in the fungi cell walls called beta-glucans ( $\beta$ -glucan). Researchers have discovered that beta-glucans offer a wide range of health benefits from **support** for the **immune system**, **protection against brain degeneration**, and even **reduced stress**.<sup>2-5</sup>

#### Mushroom Benefits

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)

#### Mushroom Benefits

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)



## A Good Mushroom Supplement Can:



Improve Memory and Focus<sup>6-8</sup>



Protect Against Age-Related Cognitive Decline<sup>9</sup>



Improve Immune System Response<sup>10</sup>



Fight Inflammation<sup>11</sup>



Manage Blood Sugar<sup>12</sup>



Repair Damaged Nerve Cells<sup>13</sup>



Boost Energy, Stamina, and Physical Performance<sup>14</sup>



Fight Fatigue, Reduce Irritability and Anxiety<sup>15</sup>

[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)

## 4 Things To **AVOID** When Buying A Mushroom Supplement

### 1. MYCELIUM

[Mushroom Benefits](#)

[What To Avoid](#)

Mushroom supplement manufacturers use one of two different forms of mushrooms in their formula. The first type is the actual mushroom cap, and stem called the fruiting body. The second type is **mycelium**, and you should generally **avoid it**. If you think about a flower, mycelium is the root system, and the fruiting bodies are the actual flower part and stem, in this case, the mushroom caps and stems.

Manufacturers who use mycelium will grow these roots on top of a grain substrate, mostly **rice or oats**. Once mycelium roots grow, the roots and substrate become intertwined and are impossible to separate. Formulas containing mycelium consist of about half roots and half filler in rice or oats. Some manufacturers chose to use mycelium because they can mass produce it as it only takes one week to mature.

Compare that to fruiting bodies, a more expensive growing process that takes anywhere from two months to several years. We prefer the fruiting bodies as they are the pure form of mushrooms with no filler or by-products. If you are looking for an actual "mushroom" supplement that does not have unwanted fillers, **avoid formulas that use mycelium**.

## 2. POWDERS

Mushrooms can come in either powder or extract form. A mushroom powder means that the mushroom was dried and then ground into a fine powder. Manufacturers use powders since they are the cheapest way to produce a supplement, but it also provides the consumer with the least health benefits. The essential beta-glucans need to be extracted from the cell walls of a mushroom. These cells are made of an indigestible fiber called chitin. **The human body can't easily absorb chitin**, and so the beta-glucans end up passing through as waste. Much like your hard-earned money gets wasted when choosing a mushroom supplement made of powders and not extracts.

## 3. RELYING ON AMAZON REVIEWS

Research showed that in March 2019, there were 1.8 million new unverified reviews, with an average of 99.6% of them being 5-star reviews.<sup>16</sup> Most of these reviews are from people paid to write them. These fake reviews

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)

[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)



inflate the number and overall star rating of a product. When deciding on a product that can impact your health, don't rely on Amazon reviews as they can be extremely misleading.

#### 4. INSUFFICIENT RETURN POLICY

A reputable mushroom supplement brand will demonstrate they have faith in their product by offering a 100% money-back guarantee policy. Some try to complicate their refund policies by placing limitations on what kind of returns they will take. Avoid any brand that does not have at minimum a no questions asked **90-day money-back guarantee**.

[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)

## Which Mushrooms are Best?

When it comes to mushrooms, not all are created equal. Of the over **10,000 different mushroom varieties**, only a handful have substantial research supporting health benefits. Below are the ones we feel can give you **real results**.



### LION'S MANE

Lion's mane is a large, white mushroom, that as it grows, has a shaggy appearance that resembles a lion's mane. Studies have demonstrated that lion's mane helps increase **Nerve Growth Factor (NGF)** levels, which **protects us against degenerative brain diseases** that contribute to **memory loss**.<sup>17</sup> While lion's mane is best known for **improving memory and concentration**, studies show it can **reduce irritability and anxiety**.<sup>18,19</sup> Several studies have also indicated that lion's mane has **immune-boosting benefits**. Harmful pathogens enter the body through the mouth or nose as we breathe in. Lion's mane can bolster our defenses by helping to stimulate gut bacteria to trigger the immune system.<sup>20,21</sup>

[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)



### CHAGA





## CHAGA

Chaga has been used for centuries throughout the world to help **boost immunity**. White blood cells are the immune system's first line of defense. Studies have shown that the Chaga mushroom regulates a protein known as cytokines, which **stimulates white blood cells'** production.<sup>22</sup> This antioxidant-rich mushroom contains **high amounts of zinc**, which help the immune system combat bacteria and viruses.<sup>23</sup>



## MAITAKE

Maitake has long been hailed in Asia as a mushroom with vast healing properties. The Japanese love this mushroom so much that upon discovering it, they named it Maitake, which means "dancing mushroom" as they were thrilled with its health benefits. Maitake is **excellent for those who have a history of cancer** or **those that suffer from chronic fatigue syndrome**.<sup>25</sup> Recent studies have shown that Maitake can help activate cells that **stimulate the immune system's natural killer cells and T cells**.<sup>26,27</sup>



## REISHI

In a world filled with stress and anxiety, Reishi has become one of the most popular mushrooms to help **support a state of calmness**. Reishi contains a potent amount of the active compound triterpene, shown in studies to help **reduce stress, improve sleep, boost mood, and mental focus**.<sup>28-30</sup> The triterpene found in Reishi has also been shown in studies to **enhance immune system** response by helping **increase white blood cells'** activity in the form of **natural killer cells that fight off infections**.<sup>31-33</sup>



## SHIITAKE

### WHAT TO LOOK FOR

[The Best Mushroom Supplements](#)

[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)



Shiitake mushrooms, primarily grown in Japan, are loved worldwide for their superb taste and coveted for thousands of years by those looking to boost longevity and reduce inflammation. What makes shiitake mushrooms so effective is that they are a **great source of B weight gain and the build up of fat.** <sup>38</sup> However, a recent study published in the Journal of the American College of Nutrition found that shiitake can **help boost immune function, improve cell function, gut immunity, and reduce inflammation.**

## Top 3 Criteria For A Quality Mushroom Supplement

We spent months researching mushroom supplements and gathering user feedback. There are specific aspects that differentiate high-quality mushroom supplements from generic ones. Below are the three most essential criteria to consider before deciding which mushroom brand is best for your needs.

### #1 EXTRACTS

Before purchasing any mushroom supplement, be sure to look at the supplement facts section of the label, which will indicate the type of mushrooms used and if they are in an extract or powder form. Look for a mushroom supplement that uses extracts and not powders to have higher potency and deliver better results. Another

Most labels will indicate how potent an extract is by displaying the concentration in the form of a ratio, such as "4:1 Extract 100 mg," which is equivalent to 400 mg (4 x 100 mg) of dried mushroom powder.

### #2 DOSAGE

If you want to achieve optimal results, it is important to select a

[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)



[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)



If you want to achieve optimal results, it is important to select a supplement that has both the correct mushrooms and the proper dosages. For Lion's Mane, recognized for enhancing cognitive performance, we recommend a daily dosage of at least 750 mg in "extract form" or 3,000 mg in powder form. For the other top mushrooms on our list, look for a formula that contains each of them individually in a daily dosage of at least 80 mg in "extract form" or 320 mg in powder form.

### #3 FRUITING BODIES

Always choose a supplement that has next to each mushroom's name, the words "fruiting body." Avoid mushroom supplements with "myceliated grain" in the ingredients or some variation of the word "mycelium."

The fruiting body is the actual mushroom cap and stem. Mycelium is the root system of a mushroom grown on top of a grain substrate resulting in a supplement that is about 50% roots, 50% filler, and 0% of real mushroom. Why would some manufacturers do this? Because mycelium is cheaper and faster to produce than waiting for a full proper mushroom to grow. The problem is that the fruiting body is where most of the beta-glucans, the beneficial compounds of a mushroom, are found. A 2014 study published in the journal Microbiology analyzed the concentration of beta-glucans in both fruiting bodies and mycelia. The study concluded that fruiting bodies have up to 100% more beta-glucans than mushrooms grown on a mycelium base.<sup>39</sup> This study lends further support to a separate 2011 study published in the journal Food Chemistry which indicated that fruiting bodies have as much as 2.5 times the amount of beta-glucans than mycelia.<sup>40</sup> To achieve peak results, we recommend selecting a supplement that uses only fruiting bodies.

[Supplements](#)

[Mushroom Benefits](#)

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)





# 2023's Top Mushroom Supplements

Our review encompassed 82 different mushroom supplements, putting each through our rigorous Review Scout assessment process. To determine 2023's Top 5 Mushroom Supplements, we looked for predicted effectiveness, safety, return policy, and overall customer satisfaction.

[What To Avoid](#)

[Best Mushroom Types](#)

[What To Look For](#)

[The Best Mushroom Supplements](#)



## #1 Stonehenge Health Dynamic Mushrooms

OVERALL RATING	9.7/10
Predicted Effectiveness	9.7/10
Ingredient Quality	9.8/10
Value	9.5/10
Return Policy	9.8/10
User Rating	9.7/10



## PROS

- Lion's Mane, Chaga, Maitake, Reishi, & Shiitake**
- Endorsed by a Doctor**
- 100% Fruiting Bodies & 1,400 mg Formula**
- Vegetarian Capsules, Non-GMO, Gluten, Soy and Dairy Free**
- Extracts with a Potent 4:1 Concentration**
- Verified 90-day 100% money-back return policy**

## CONS

 Often out of stock due to high demand

## Why We Chose It

Stonehenge Health's Dynamic Mushrooms is Review Scout's top choice. This supplement blends all five essential mushroom varieties, Lion's Mane, Chaga, Maitake, Reishi, and Shiitake, into one formula.

Dynamic Mushrooms uses 100% extracts with a potent 4:1 concentration, delivering a daily dose of 1,400 mg, the equivalent of approximately 5,600 mg of mushroom powder. Each mushroom in this formula is derived from a fruiting body that studies show have superior amounts of beta-glucans performance, a robust immune system, and other essential health benefits.

We were able to verify that Stonehenge Health's formula does not contain any fillers such as rice or oats commonly found in brands that use mycelium. It was also great to see that Dynamic Mushrooms is non-GMO and uses vegetarian capsules. Stonehenge Health backs its products with a no-questions-asked, 90-day money-back guarantee and is one of the few brands to be endorsed by a board-certified doctor. We also like that they offer customers discounts on bundles. Click on the link below to see their current specials.

\*Results are based on user-generated experiences with these products, and individual results may vary. Please refer to the manufacturer's product website for detailed information.

[FIND OUT MORE >>](#)



### #2 Four Sigmatic Mushroom Blend Defend

OVERALL RATING	8.9/10
Predicted Effectiveness	8.1/10
Ingredient Quality	9.2/10
Value	8.8/10





Return Policy	9.7/10
User Rating	8.6/10

## PROS

- 10 Mushroom Blend
- 100% Fruiting Bodies with Extracts
- Vegan and Gluten-Free
- 90-day return policy

## CONS

- No extract concentration listed
- Insufficient amount of Lion's Mane mushroom
- Requires to be mixed with water
- User complaints related to taste and questionable servings per container

## Why We Chose It

Four Sigmatic Mushroom Blend Defend is a popular product that contains ten different mushrooms from fruiting bodies. A big plus for us was that this formula uses extracts, but we would have preferred to see them list the extracts' concentration to understand the potency better.

While Four Sigmatic includes all five of our top mushrooms, when it comes to Lion's Mane, one of the essential mushrooms for brain and immune health, they fell short by only offering a 150 mg dose. This dosage is significantly lower than our minimum recommended 750 mg and far lower than the number one ranked brand on our list, which has 1,000 mg of Lion's Mane in a 4:1 extract.

This product comes in a powder form, which could be a great fit for those who enjoy mixing a daily concoction. We tend to prefer the capsule form of supplements as they are more convenient to take and help ensure that you stay on your daily regimen for optimal results. A common complaint amongst users is that, even when stored in the container provided, the powder quickly forms into a



dense brick, making it unusable. Users have also reported the product having an undesirable musky taste.

It was good to see that Four Sigmatic offers a 90-day money-back guarantee. A growing topic amongst Four Sigmatic users is related to the 30 servings the product packaging claims. Some users have expressed frustration stating they were only able to get 15 servings per package. A lower number of doses could indicate that what might seem like a product with a relatively low purchase price, is in actuality, quite expensive.

\*Results are based on user-generated experiences with these products, and individual results may vary. Please refer to the manufacturer's product website for detailed information.

[FIND OUT MORE >>](#)



### #3 Real Mushrooms 5 Defenders

OVERALL RATING	8.1/10
Predicted Effectiveness	8.6/10
Ingredient Quality	8.7/10
Value	7.5/10
Return Policy	7/10
User Rating	8.5/10



### PROS

- ✔ Contains four out of our top 5 mushrooms
- ✔ 1,000 mg formula
- ✔ 100% Fruiting Bodies with Extracts
- ✔ Vegetarian Capsules, Non-GMO, and Gluten-Free

## CONS

- Does not Contain Lion's Mane
- No extract concentration listed
- Hides amount of each mushroom in the formula
- 30-Day return policy limited to unopened bottles

## Why We Chose It

Real Mushrooms 5 Defenders contain five different mushroom varieties intended to help support an improved immune system and overall well-being. We liked that this formula includes four of our top five recommended mushrooms. However, the formula is lacking our top-ranking mushroom, Lion's Mane. We see many manufacturers leave out Lion's Mane as it is an expensive ingredient, and those companies may be more focused on their profit margins. Our biggest concern with Real Mushrooms is that they use a proprietary blend to hide the amount per serving for each mushroom. We have no way of knowing if the 1,000 mg serving size is 900 mg Chaga and 20 mg of each other mushroom. The lack of transparency is concerning. Real Mushroom backs their product with a minimal 30-day refund period, which only applies to unopened bottles. This formula uses a vegetarian capsule and is non-GMO.

\*Results are based on user-generated experiences with these products, and individual results may vary. Please refer to the manufacturer's product website for detailed information.

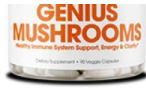
[FIND OUT MORE >>](#)



### #4 Genius Mushrooms

OVERALL RATING	7.8/10
Predicted Effectiveness	7.5/10
Ingredient Quality	6.9/10





Value	7.5/10
Return Policy	8.3/10
User Rating	8.7/10

### PROS

- Contains two of our top 5 mushrooms
- Vegetarian Capsules, Organic, Non-GMO, & Gluten-Free

### CONS

- Mycelium and not from Fruiting Bodies
- Consumer complaints of nausea
- Powder form and not extracts
- Conflicting return policies

### Why We Chose It

Genius Mushroom by The Genius Brand is a popular and low-priced product that contains three different mushrooms. At first glance, this product might seem like a tremendous bargain, but a closer look at the ingredients demonstrates why all that glitters is not gold. Genius Mushroom uses mushrooms in powder form, not extracts, and grown on mycelium, not fruiting bodies.<sup>41</sup> These aspects make it cheaper to produce but considerably less effective. Studies have shown that mushrooms grown on a mycelium base have about half the beta-glucans, the compound found to deliver health benefits, compared to mushrooms from fruiting bodies. It was good to see that this product uses organic mushrooms and vegetarian capsules. Some consumers have reported mixed reviews, and others had gastrointestinal discomfort from using the product. The return policy for Genius Mushroom is unclear as their website product page indicates a 30-day return policy, but elsewhere on the site indicates 90-days.

\*Results are based on user-generated experiences with these products, and individual results may vary. Please refer to the manufacturer's product website for detailed information.



FIND OUT MORE >>



### #5 Host Defense MyCommunity®

OVERALL RATING	7.6/10
Predicted Effectiveness	6.9/10
Ingredient Quality	6.7/10
Value	6.6/10
Return Policy	9.2/10
User Rating	8.4/10



### PROS

- 👍 17 Mushroom Blend
- 👍 Certified Organic, Non-GMO, & Gluten-Free
- 👍 Limited 90-day return policy

### CONS

- 👎 Powder from raw mycelium
- 👎 Contains Grain Filler
- 👎 Low dosage per mushroom
- 👎 Consumer complaints of allergic reactions

### Why We Chose It

Host Defense is a long-standing mushroom brand that produces supplements with organically grown mycelium. Their MyCommunity® formula contains seventeen different mushroom varieties, with a low dosage per mushroom. While the Host Defense claims their formula contains both mycelium and fruiting body mushrooms, the reality is that only one of the seventeen mushrooms are from a fruiting body, leaving the remaining 16 grown on a mycelium on grain biomass. The grain





filler in this formula is brown rice. Of the total 1,050 mg per serving, one could assume that at least 50% of the product is brown rice filler as there is no way to remove the mycelium from the substrate, leaving you with only about 500 mg of mycelium. As we have noted, studies have shown that mycelium has nearly half the beta-glucans, the compound found to deliver health benefits, compared to mushrooms from fruiting bodies. This product does not contain any extracts. Some users have reported allergic reactions to the product, which may be related to its grain content.

\*Results are based on user-generated experiences with these products, and individual results may vary. Please refer to the manufacturer's product website for detailed information.

[FIND OUT MORE >>](#)

## Citations

1. Aung, Steven Kh. 2005. "The Clinical Use Of Mushrooms From A Traditional Chinese Medical Perspective". *International Journal Of Medicinal Mushrooms*, 375-376. doi:10.1615/intjmedmushrooms.v7.i3.290
2. D. Akramiene, Kondrotas A, Didziapetriene J, and Kevelaitis E. 2007. "Effects Of Beta-glucans On The Immune System". *Medicina (Kaunas, Lithuania)* 43 (8). <https://pubmed.ncbi.nlm.nih.gov/17895634/>.
3. Daou, Cheickna, and Hui Zhang. 2012. "Oat Beta-glucans: Its Role In Health Promotion And Prevention Of Diseases". *Comprehensive Reviews In Food Science And Food Safety* 11 (4): 355-365. doi:10.1111/j.1541-4337.2012.00189.x.
4. HONG, HEEOK, CHANG-JU KIM, JAE-DEUNG KIM, and JIN-HEE SEO. 2014. "B-Glucan Reduces Exercise-Induced Stress Through Downregulation Of C-Fos And C-Jun Expression In The Brains Of Exhausted Rats". *Molecular Medicine Reports* 9 (5): 1660-1666. doi:10.3892/mmr.2014.2005.
5. Sabaratnam, Vikineswary, Wong Kah-Hui, Murali Naidu, and Pamela Rosie David. 2013. "Neuronal Health - Can Culinary And Medicinal Mushrooms Help?". *Journal Of Traditional And Complementary Medicine* 3 (1): 62-68. doi:10.4103/2225-4110.106549.
6. Sabaratnam, Vikineswary, Wong Kah-Hui, Murali Naidu, and Pamela Rosie David. 2013. "Neuronal Health - Can Culinary And Medicinal Mushrooms Help?". *Journal Of Traditional And Complementary Medicine* 3 (1): 62-68. doi:10.4103/2225-4110.106549.
7. Lai, Pui-Ene, Murali Naidu, Vikineswary Sabaratnam, Kah-Hui Wong, Rosie Pamela David, Umah Rani Kuppusamy, Noorlidah Abdullah, and Sri Nurestri A. Malek. 2013. "Neurotrophic Properties Of The Lion's Mane Medicinal Mushroom, *Hericium Erinaceus* (Higher Basidiomycetes) From Malaysia". *International*



Journal Of Medicinal Mushrooms 15 (6): 539–554. Begell House. doi:10.1615/intjmedmushrv15i6.30.

8. Mori, K. et al. (2011) "Effects of *Herichium erinaceus* on amyloid  $\beta$ (25–35) peptide-induced learning and memory deficits in mice", *Biomedical Research*, 32(1), pp. 67–72. doi:10.2220/biomedres.32.67.
9. Lai, P. et al. (2013) "Neurotrophic Properties of the Lion's Mane Medicinal Mushroom, *Herichium erinaceus* (Higher Basidiomycetes) from Malaysia", *International Journal of Medicinal Mushrooms*, 15(6), pp. 539–554. doi:10.1615/intjmedmushrv15i6.30.
10. D. A. et al. (2007) "Effects of Beta-glucans on the Immune System", *Medicina (Kaunas, Lithuania)*, 43(8), p. Available at: <https://pubmed.ncbi.nlm.nih.gov/17895634/#:~:text=beta%2DGlucans%20also%20show%20anticarcinogenic,growth%20in%20promotion%20stage%20to> o. (Accessed: 30 June 2020).
11. Elsayed, E. et al. (2014) "Mushrooms: A Potential Natural Source of Anti-Inflammatory Compounds for Medical Applications", *Mediators of Inflammation*, 2014, pp. 1–15. doi:10.1155/2014/805841.
12. Vitak, T. et al. (2017) "Effect of medicinal mushrooms on blood cells under conditions of diabetes mellitus", *World Journal of Diabetes*, 8(5), p. 187. doi:10.4239/wjcd.v8i5.187.
13. Wong, K. et al. (2011) "Peripheral Nerve Regeneration Following Crush Injury to Rat Peroneal Nerve by Aqueous Extract of Medicinal Mushroom *Herichium erinaceus* (Bull: Fr) Pers. (Aphylophoromycetideae)", *Evidence-Based Complementary and Alternative Medicine*, 2011, pp. 1–10. doi:10.1093/ecam/nek062.
14. Geng, P. et al. (2017) "Antifatigue Functions and Mechanisms of Edible and Medicinal Mushrooms", *BioMed Research International*, 2017, pp. 1–16. doi:10.1155/2017/9648496.
15. Socala, K. et al. (2015) "Evaluation of Anticonvulsant, Antidepressant-, and Anxiolytic-like Effects of an Aqueous Extract from Cultured Mycelia of the Lingzhi or Reishi Medicinal Mushroom *Ganoderma lucidum* (Higher Basidiomycetes) in Mice", *International Journal of Medicinal Mushrooms*, 17(3), pp. 209–218. doi:10.1615/intjmedmushrooms.v17i3.10.
16. Amazon Flooded With Millions Of Fake Reviews In 2019 – Reviewmeta Blog". 2019. Reviewmeta.Com. <https://reviewmeta.com/blog/amazon-flooded-with-millions-of-fake-reviews-in-2019/>.
17. Mori, Koichiro, Yutaro Obara, Mitsuru Hirota, Yoshihito Azumi, Satomi Kinugasa, Satoshi Inatomi, and Norimichi Nakahata. 2008. "Nerve Growth Factor-Inducing Activity Of *Herichium erinaceus* In B2INI Human Astrocytoma Cells". *Biological & Pharmaceutical Bulletin* 31 (9): 1727–1732. doi:10.1248/bpb.311727.
18. Yao, Wei, Ji-chun Zhang, Chao Dong, Cun Zhuang, Susumu Hirota, Kazutoyo Inanaga, and Kenji Hashimoto. 2015. "Effects Of Amycetonone On Serum Levels Of Tumor Necrosis Factor- $\alpha$ , Interleukin-10, And Depression-Like Behavior In Mice After Lipopolysaccharide Administration". *Pharmacology Biochemistry And Behavior* 136: 7–12. doi:10.1016/j.pbb.2015.06.012.
19. Chiu, Chun-Hung, Chang-Cheng Chyau, Chin-Chu Chen, Li-Ya Lee, Wan-Ping Chen, Jia-Ling Liu, Wen-Hsin Lin, and Mei-Chin Mong. 2018. "Erinacine A-Enriched *Herichium erinaceus* Mycelium Produces Antidepressant-Like Effects Through Modulating BDNF/P13K/Akt/GSK-3 $\beta$  Signaling In Mice". *International*





20. Sheng, Xiaotong, Jingmin Yan, Yue Meng, Yuying Kang, Zhen Han, Guihua Tai, Yifa Zhou, and Hairong Cheng. 2017. "Immunomodulatory Effects Of *Hericium Erinaceus* Derived Polysaccharides Are Mediated By Intestinal Immunology". *Food & Function* 8 (3): 1020–1027. doi:10.1039/c7fo00071e.
21. Diling, Chen, Zheng Chaoqun, Yang Jian, Li Jian, Su Jiyun, Xie Yizhen, and Lai Guoxiao. 2017. "Immunomodulatory Activities Of A Fungal Protein Extracted From *Hericium Erinaceus* Through Regulating The Gut Microbiota". *Frontiers In Immunology* 8. doi:10.3389/fimmu.2017.00666.
22. Kim, Yeon-Ran. 2005. "Immunomodulatory Activity Of The Water Extract From Medicinal Mushroom *Inonotus Obliquus*". *Mycobiology* 33 (3): 158. doi:10.4489/myco.2005.33.3.158.
23. "Zinc As A Gatekeeper Of Immune Function". 2017. *Nutrients* 9 (12): 1286. doi:10.3390/nu9121286.
24. M. Saljoughian, California. 2009. "Adaptogenic Or Medicinal Mushrooms". *Uspharmacist.Com*. <https://www.uspharmacist.com/article/adaptogenic-or-medicinal-mushrooms>.
25. Geng, Ping, Ka-Chai Siu, Zhaomei Wang, and Jian-Yong Wu. 2017. "Antifatigue Functions And Mechanisms Of Edible And Medicinal Mushrooms". *Biomed Research International* 2017: 1–16. doi:10.1155/2017/9648496.
26. "Maitake". 2020. Memorial Sloan Kettering Cancer Center. <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/maitake#references-2>.
27. Vaclav Vetricka, Jana Vetrickova. 2014. "Immune-Enhancing Effects Of Maitake (*Grifola Frondosa*) And Shiitake (*Lentinula Edodes*) Extracts". *Annals Of Translational Medicine* 2 (2). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4202470/>.
28. Zhao, Hong, Qingyuan Zhang, Ling Zhao, Xu Huang, Jincui Wang, and Xinmei Kang. 2012. "Spore Powder Of *Ganoderma Lucidum* Improves Cancer-Related Fatigue In Breast Cancer Patients Undergoing Endocrine Therapy: A Pilot Clinical Trial". *Evidence-Based Complementary And Alternative Medicine* 2012: 1–8. doi:10.1155/2012/809614.
29. Tang, Wenbo, Yihuai Gao, Guoliang Chen, He Gao, Xihu Dai, Jinxian Ye, Eli Chan, Min Huang, and Shufeng Zhou. 2005. "A Randomized, Double-Blind And Placebo-Controlled Study Of *Ganoderma Lucidum* Polysaccharide Extract In Neurasthenia". *Journal Of Medicinal Food* 8 (1): 53–58. doi:10.1089/jmf.2005.8.53.
30. Guo, Li-Mei, Xin-zhi Sun, Ying Liao, and Wei Li. 2017. "Neuroprotective Effects Of *Ganoderma Lucidum* Polysaccharides Against Oxidative Stress-Induced Neuronal Apoptosis". *Neural Regeneration Research* 12 (6): 953. doi:10.4103/1673-5374.208590.
31. Lin, Zhi-Bin. 2005. "Cellular And Molecular Mechanisms Of Immuno-Modulation By *Ganoderma Lucidum*". *Journal Of Pharmacological Sciences* 99 (2): 144–153. doi:10.1254/jphs.crj05008x.
32. Gao, Yihuai, Shufeng Zhou, Wenqi Jiang, Min Huang, and Xihu Dai. 2003. "Effects Of Ganopoly" (*Ganoderma Lucidum* Polysaccharide Extract) On The Immune Functions In Advanced-Stage Cancer Patients". *Immunological Investigations* 32 (3): 201–215. doi:10.1081/imm-120022979.





33. Mandal, Arundhati, and Chandra Viswanathan. 2015. "Natural Killer Cells: In Health And Disease". *Hematology/Oncology And Stem Cell Therapy* 8 (2): 47-55. doi:10.1016/j.hemonc.2014.11.006.
34. Bito, Tomohiro, Fei Teng, Noriharu Ohishi, Shigeo Takenaka, Emi Miyamoto, Emi Sakuno, Kazuhisa Terashima, Yukinori Yabuta, and Fumio Watanabe. 2014. "Characterization Of Vitamin B12 Compounds In The Fruiting Bodies Of Shiitake Mushroom (*Lentinula Edodes*) And Bed Logs After Fruiting Of The Mushroom". *Mycoscience* 55 (6): 462-468. doi:10.1016/j.myc.2014.01.008.
35. Lindequist, Ulrike, Timo H. J. Niedermeyer, and Wolf-Dieter Jülich. 2005. "The Pharmacological Potential Of Mushrooms". *Evidence-Based Complementary And Alternative Medicine* 2 (3): 285-299. doi:10.1093/ecam/neh107.
36. Lee, Kuo-Hsiung, Susan L. Morris-Natschke, Xiaoming Yang, Rong Huang, Ting Zhou, Shou-Fang Wu, Qian Shi, and Hideji Itokawa. 2012. "Recent Progress Of Research On Medicinal Mushrooms, Foods, And Other Herbal Products Used In Traditional Chinese Medicine". *Journal Of Traditional And Complementary Medicine* 2 (2): 1-12. doi:10.1016/s2225-4110(16)30081-5.
37. Handayani, D., J. Chen, B. J. Meyer, and X. F. Huang. 2011. "Dietary Shiitake Mushroom (*Lentinus Edodes*) Prevents Fat Deposition And Lowers Triglyceride In Rats Fed A High-Fat Diet". *Journal Of Obesity* 2011: 1-8. doi:10.1155/2011/258051.
38. Dai, Xiaoshuang, Joy M. Stanika, Cheryl A. Rowe, Elizabeth A. Esteves, Carmelo Nieves, Samuel J. Spaiser, Mary C. Christman, Bobbi Langkamp-Henken, and Susan S. Percival. 2015. "Consuming *Lentinula Edodes* (Shiitake) Mushrooms Daily Improves Human Immunity: A Randomized Dietary Intervention In Healthy Young Adults". *Journal Of The American College Of Nutrition* 34 (6): 478-487. doi:10.1080/07315724.2014.950391.
39. Bak, Won Chull, Ji Heon Park, Young Ae Park, and Kang Hyeon Ka. 2014. "Determination Of Glucan Contents In The Fruiting Bodies And Mycelia Of *Lentinula Edodes* Cultivars". *Mycobiology* 42 (3): 301-304. doi:10.5941/myco.2014.42.3.301.
40. Nitschke, Jörg, Hendrik Modick, Ekkehard Busch, Reimund Wantoch von Rekowski, Hans-Josef Altenbach, and Helga Mülleken. 2011. "A New Colorimetric Method To Quantify B-1,3-1,6-Glucans In Comparison With Total B-1,3-Glucans In Edible Mushrooms". *Food Chemistry* 127 (2): 791-796. doi:10.1016/j.foodchem.2010.12.149.
41. Bak, Won Chull, Ji Heon Park, Young Ae Park, and Kang Hyeon Ka. 2014. "Determination Of Glucan Contents In The Fruiting Bodies And Mycelia Of *Lentinula Edodes* Cultivars". *Mycobiology* 42 (3): 301-304. doi:10.5941/myco.2014.42.3.301.

[About Us](#) [Privacy Policy](#) [Terms & Conditions](#) [Submit A Review](#) [Advertise With Us](#) [Contact Us](#) [Disclosure](#)

© Copyright 2019 - 2023



\* Results will differ for each individual, depending on existing health factors, lifestyle and physical condition. The information contained on this site is for informational purposes only and is not a substitute for medical advice provided by your doctor or physician. The information, we provide should not be used for diagnosis, treatment or prevention of any disease. Testimonials and results contained are reflective of the typical examples consumers experienced and may not be an implication of future results for you. These statements have not been evaluated by the Food and Drug Administration. As an Amazon Associate we earn from qualifying purchases.

Let's celebrate our 11th birthday!

Get a FREE \$11 Gift Card party favor on every new \$100+ order

Let's Party

★★★★★  
45,752  
5 STAR REVIEWS

FOUR SIGMATIC®  
Make it Mindfull™  
\$11

SIGMATIC®  
it Mindfull™

FOUR  
Mak

S ♦ CERTIFIED ORGANIC ♦ 1ST ♦ PLANT-BASED ♦ CALMNESS ♦ NOTHING ARTIFICIAL ♦ NO FILLER MYCELIUM ♦ MOOD ♦ GUT SUPPORT ♦



### Unlock the power of mushrooms

Trusted adaptogens used to better health for centuries



### Tastes as good as it makes you feel

Nothing fake, always whole ingredients with delicious flavor



### Helps with focus, energy, and mood

Ingredients clinically proven to help give your day a boost

## More ways to mushroom

[Shop All](#)



Coffees & Creamers



Proteins



Supplements



Starter Kits

SEE WHAT'S IN STORE

# Find us near you

*Wegmans*

NATURAL  
GROCERS

H·E·B

*Fred Meyer*

WHOLE  
FOODS  
MARKET

SPROUT  
FARMERS MARKET

Where to Buy



OUR DIFFERENCE

Cultivation is our craft

Flavor and function

Nothing fake, ever

[Shop All](#)



Our mushroom and adaptogenic blends never sacrifice taste for health. They are nutritious and delicious so you'll crave every cup.



[Coffees & Creamers](#) [Proteins](#) [Supplements](#)





Best Seller



Think Organic Coffee, Ground

Energy Focus

New



Think Organic Creamer, Vanilla Coconut

Energy Focus

Best Seller



Balance Organic Half Caf\* Coffee, Ground

De-stress Mood

Think Or

Energy



“Best instant coffees. And they actually taste good.”

TIME

Women's Health

BAZAAR



BACKED BY EXPERTS

★★★★★

“They only use extracted fruiting bodies, which is essential to truly reap its benefits.”

Dr. [Name]



Dr. Bindiya Gandhi  
DOUBLE BOARD-CERTIFIED INTEGRATIVE &  
FUNCTIONAL MEDICINE DOCTOR



SHOP BY BENEFIT

How can we  
help?

De-Stress

ut Support

Focus

Mood

Immunity

Nourish

De-



## Home - Starter Kits

30-day supply to feel the difference

[Shop Now](#)



## Coffees & Creamers

Expect more from your morning cup. Start your day with a focus, energy and feel-good boost from mushrooms.

[Shop Now](#)





# Our Finnish origins

Home of mushroom coffee and some of the happiest people on the planet. Coincidence? We think not.

[Learn More](#)



MORE MUSHROOMS THIS WAY

# @FourSigmatic





# FOUR SIGMATIC®

10% OFF YOUR FIRST ORDER

Your email address



## SHOP

- Shop Now
- Proteins
- Supplements
- Shop All

## LEARN

- Product Quality
- About Us
- Blog
- Press

## SUPPORT

- Contact Us
- FAQ
- Shipping & Returns
- Account

## INQUIRIES

- Partners Zone
- Affiliate Program
- Wholesale
- Store Locator

©2023 Four Sigmatic. All rights reserved.  
Privacy Policy | Terms & Conditions | Accessibility | Do Not Sell My Personal Information

The statements made on this website have not been evaluated by the FDA (U.S. Food & Drug Administration). The products sold on this website are not intended to diagnose, treat, cure, or prevent any disease. The information provided by this website or this company is not a substitute for a face-to-face consultation with your physician, and should not be construed as individual medical advice.

United States ▾

Accessibility Tool



Coffees & Creamers

Proteins

Supplements

Starter Kits

About Us

Product Quality

Blog

Press

📍 Where to Buy

🔍 Search

👤 Account



Get back to feeling incredible, every single day.

# All Products



Organic Lions Mane Mushroom Powder – Bulk Extract

★★★★★ (419)

[View Product](#)



Organic Lions Mane Extract Capsules

★★★★★ (663)

[View Product](#)



5 Defenders Organic Mushroom Complex – Bulk Powder

★★★★★ (424)

[View Product](#)



5 Defenders Organic Mushroom Blend Capsules

★★★★★ (638)

[View Product](#)



Organic Cordyceps Mushroom Extract Powder – Bulk Supplement

★★★★★ (161)  
[View Product](#)

Organic Cordyceps Extract Capsules

★★★★★ (241)  
[View Product](#)

Organic Reishi Mushroom Powder – Bulk Extract

★★★★★ (151)  
[View Product](#)

Organic Reishi Mushroom Capsules

★★★★★ (253)  
[View Product](#)



Real Mushrooms  
100% PURE + ORGANIC  
**CHAGA**  
DIGESTIVE HEALTH™  
MUSHROOM EXTRACT POWDER  
SCIENTIFICALLY VERIFIED FOR ACTIVE COMPOUNDS  
METHYLSULFONYLMETHANE (MSM)  
NON-GMO  
GLUTEN FREE  
VEGAN  
DIETARY SUPPLEMENT – BULK POWDER

Real Mushrooms  
100% PURE + ORGANIC  
**CHAGA**  
DIGESTIVE HEALTH™  
MUSHROOM EXTRACT POWDER  
SCIENTIFICALLY VERIFIED FOR ACTIVE COMPOUNDS  
METHYLSULFONYLMETHANE (MSM)  
NON-GMO  
GLUTEN FREE  
VEGAN  
DIETARY SUPPLEMENT – BULK POWDER

Real Mushrooms  
100% PURE + ORGANIC  
**TURKEY TAIL**  
IMMUNE SUPPORT™  
MUSHROOM EXTRACT POWDER  
SCIENTIFICALLY VERIFIED FOR ACTIVE COMPOUNDS  
METHYLSULFONYLMETHANE (MSM)  
NON-GMO  
GLUTEN FREE  
VEGAN  
DIETARY SUPPLEMENT – BULK POWDER

Real Mushrooms  
100% PURE + ORGANIC  
**TURKEY TAIL**  
IMMUNE SUPPORT™  
MUSHROOM EXTRACT POWDER  
SCIENTIFICALLY VERIFIED FOR ACTIVE COMPOUNDS  
METHYLSULFONYLMETHANE (MSM)  
NON-GMO  
GLUTEN FREE  
VEGAN  
DIETARY SUPPLEMENT – BULK POWDER

Organic Chaga Extract Powder – Bulk 60g Supplement

★★★★★ (127)

[View Product](#)

Organic Chaga Extract Capsules

★★★★★ (113)

[View Product](#)

Turkey Tail Extract - Bulk Powder

★★★★★ (114)

[View Product](#)

Turkey Tail Extract Capsules

★★★★★ (262)

[View Product](#)



Vitamin D from Organic Mushrooms

★★★★★ (25)

[View Product](#)

Mushroom D2Z

★★★★★ (23)

[View Product](#)

Organic Tremella Extract Capsules

★★★★★ (46)

[View Product](#)

Ergo + Ergothioneine Supplement

★★★★★ (11)

[View Product](#)





Mushroom Hot Chocolate Mix

★★★★★ (88)

[View Product](#)



Organic Tremella Extract Powder

★★★★★ (32)

[View Product](#)



Mushroom Chocolate 5 Pack

★★★★★ (33)

[View Product](#)

## Find Your Mushroom

★★★★★ 20,000+ Reviews

Whether capsules or powders, we've got you covered.



Science-Backed



100% Vegan



No Grain Fillers



**Powders**

For coffee, tea, shakes and your favorite recipes.

[View Collection](#)

**Capsules**

Easy and Convenient.  
Great for Travel.

[View Collection](#)

**Blends**

Formulated for you.  
Plus there's Chocolate.

[View Collection](#)

**Pets**

Vet approved for your dogs and cats.

[View Collection](#)

**Real Mushrooms**

303-908 17 Ave SW, Calgary, AB, T2T 0A3,  
Canada  
1-800-263-4387 or Email Us



BBB Rating: A+  
As of 5/20/2023  
Click for Profile



**About**

- [Blog](#)
- [Who We Are](#)
- [FAQ](#)
- [Privacy](#)

**Store**

- [Shipping](#)
- [Returns](#)
- [Contact Us](#)
- [Privacy Policy](#)

**Other**

- [Subscriber Login](#)
- [Health Practitioner Sign-Up](#)
- [Health Practitioner Login](#)
- [Retail Reseller Accounts](#)
- [Affiliate Program](#)
- [Jobs](#)



© 2023. Real Mushrooms

**YOUR CART**



Beta-glucans Verified.

**Your cart is empty!**  
Add your favorite items to your cart.

Shop Now

Or get started here



Organic Lions Mane Extract Capsules  
\$29.95

Select



Turkey Tail Extract Capsules  
\$34.95

Select



5 Defenders Organic Mushroom Blend  
Capsules  
\$34.95

Select

Get 25% OFF



Home > Books > An Introduction to Mushroom

OPEN ACCESS PEER-REVIEWED CHAPTER

# Edible Mushroom: Nutritional Properties, Potential Nutraceutical Values, and Its Utilisation in Food Product Development

WRITTEN BY

Lee-Hoon Ho, Noroul Asyikeen Zulkifii and Thuan-Chew Tan

Submitted: September 5th, 2019 , Reviewed: February 20th, 2020 , Published: May 1st, 2020

DOI: 10.5772/intechopen.91827



CHAPTER METRICS OVERVIEW

1,884 Chapter Downloads

[View Full Metrics](#)

REGISTER TO DOWNLOAD FOR FREE

Share

Cite



FROM THE EDITED VOLUME

## An Introduction to Mushroom

Edited by Ajit Kumar Passari and Sergio Sánchez

[Book Details](#) | [Order Print](#)

ADVERTISEMENT

ADVERTISEMENT

**Abstract**

Sections

Edible mushrooms are an excellent source of proteins, minerals, polysaccharides, unsaturated fatty acids, and secondary metabolites. Numerous studies have provided evidence for the protective effects of edible mushrooms against various chronic diseases. In this review, details on the compositions and nutritional values of edible mushrooms were discussed. Furthermore, bioactive compounds such as polyphenolic compounds and antioxidant capacity of edible mushrooms, as well as the application of these edible mushrooms as potential therapeutic agents, were covered. This chapter also endeavoured to review the recent progress on the potential utilisation of edible mushrooms in the development of functional food products and its effects on the nutritional, physical, and organoleptic properties of the developed food products. Based on the recent socioeconomic trends, the substitution of edible mushroom as an essential source of functional ingredients in food products could become a natural adjuvant for the prevention and alleviation of several lifestyle-related diseases. This information could be beneficial for the development of food products with health functionalities, which are of great interest to the medical nutrition industry, which is an industry that emerged from the convergence between the food and pharma industries.

#### Keywords

edible mushroom   nutritional compositions   functional properties   nutraceutical properties  
therapeutic values   food product quality

Author Information

Show +

## 1. Introduction

Mycophagy describes the practice of eating mushrooms. This practice can be dated back to ancient times, whereby wild edible mushrooms were collected and consumed. Mushrooms are an excellent source of vitamins, e.g. B vitamins and vitamin D [1], and minerals, e.g. phosphorus, magnesium, selenium, copper, and potassium [2], and are also rich in dietary fibre, chitin and  $\beta$ -glucans [3]. Humans have, for centuries, consumed mushrooms not only

#### Author information

1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest  
References

REGISTER TO  
DOWNLOAD FOR FREE

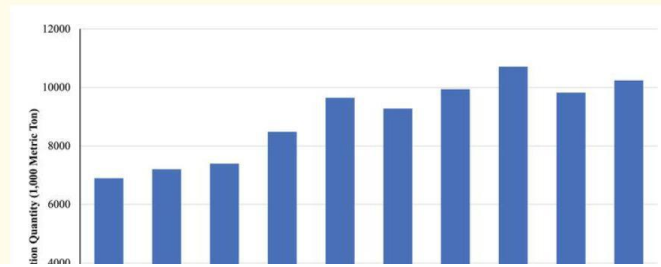




for nutrition [4, 5] and taste [6] but also for their healing properties [7]. Numerous studies have shown that mushrooms are a rich source of bioactive compounds, e.g. phenolic and flavonoid compounds, that exert antioxidant properties, and these could be beneficial to human health [8, 9, 10, 11, 12]. Mushrooms could help in reducing the risk of diseases, such as Parkinson's, Alzheimer's, hypertension, stroke, and cancer, as well as act as an antibacterial, immune system enhancer, and cholesterol-lowering agents [13].

Due to the numerous reports and findings on the health benefits of mushrooms to humans, studies on the use of mushrooms as a bioactive ingredient in functional food products have gained attention from the scientific community. Mushrooms are converted into powder before incorporated into food products, such as bread, muffins, pasta, patties, and snacks, to increase the nutritional quality of these products [14, 15, 16, 17, 18]. With the introduction of processed food products incorporated with mushrooms, this further expands the popularity of mushrooms among consumers. On average, consumers consumed about 5 kg of mushrooms per person per year, and this number is expected to continue to increase as consumers become more aware of the healthful benefits of incorporating mushrooms in their diet [19].

For the last 10 years, from 2008 to 2017, the global production of mushrooms and truffles grew from 6.90 to 10.24 million metric tons [20] (Figure 1). Based on the latest statistic report from the Food and Agriculture Organization of the United Nations, in 2017, China (7.87 million metric tons, contributed almost 77% of world production), the United States (0.42 million metric tons), the Netherlands (0.30 million metric tons), Poland (0.30 million metric tons), and Spain (0.16 million metric tons) were reported as the top 5 mushroom and truffle producers in the world. As the demand for edible mushrooms increases and the amount of wild edible mushrooms shrinks, edible mushroom cultivation is becoming an important agriculture sector.

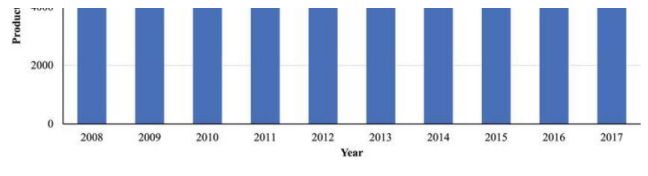


1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality
8. Conclusions



**Figure 1.** Growth in world mushrooms and truffles production, 2008–2017. Source: [20].

The most cultivated edible mushroom worldwide is *Agaricus bisporus* (common mushroom) followed by *Lentinus edodes* (shiitake mushroom), *Pleurotus* spp. (in particular oyster mushroom), and *Flammulina velutipes* (enoki mushroom) [3, 13, 21]. Moisture content varies around 90% for raw mushrooms. Typically, mushrooms are low in fat and contain useful minerals and B vitamins. Though mushrooms are not energy-providing foods, mushrooms are a substantially better source of nutrition than is often assumed [22].

ADVERTISEMENT

## 2. Nutritional compositions

Edible mushrooms possess high nutritional value, especially protein and carbohydrates. Besides, edible mushrooms have also been described as a rich source of minerals and vitamins [23, 24]. The mean nutrient values for these raw mushrooms [25] are presented in Table 1. Han et al. [24] studied the quality properties of powder processed from oyster mushroom, a variety of *Pleurotus sajor-caju* (PSC). Their results showed PSC powder had a high content of carbohydrate (60.47 g/100 g), resulting in 451.60 cal/g calorie. According to Samsudin and Abdullah [21], mushrooms provide both digestible carbohydrates (i.e. trehalose, mannitol, glycogen, and glucose) and non-digestible carbohydrate (i.e. mannans, chitin, and  $\beta$ -glucan). Later, both these carbohydrates form the larger portion of the total carbohydrates. Aremu et al. [26] reported that the calculated metabolisable energy values in *Ganoderma* spp. (1476.7 kJ/100 g) and in *Hebeloma mesophaeum* (1513.5 kJ/100 g) indicate that both varieties of mushrooms are concentrated sources of energy and compared

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality
8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions

favourably to cereals in terms of their energy values.

Nutrient	Common mushroom	Shiitake mushroom	Oyster mushroom	Enoki mushroom
Moisture (g/100 g)	92.45	89.74	89.18	88.34
Energy (kcal/100 g)	22	34	33	37
Protein (g/100 g)	3.09	2.24	3.31	2.66
Fat (g/100 g)	0.34	0.49	0.41	0.29
Ash (g/100 g)	0.85	0.73	1.01	0.91
Carbohydrate (g/100 g)	3.26	6.79	6.09	7.81
Dietary fibre (g/100 g)	1.0	2.5	2.3	2.7
Ergosterol (mg/100 g)	56	85	64	36
Calcium (mg/100 g)	3	2	3	0
Copper (mg/100 g)	0.32	0.14	0.24	0.11
Iron (mg/100 g)	0.5	0.41	1.33	1.15
Magnesium (mg/100 g)	9	20	18	16
Manganese (mg/100 g)	0.05	0.23	0.11	0.08
Phosphorus (mg/100 g)	86	112	120	105
Potassium (mg/100 g)	318	304	420	359
Selenium ( $\mu$ g/100 g)	9.3	5.7	2.6	2.2
Sodium (mg/100 g)	5	9	18	3
Zinc (mg/100 g)	0.52	1.03	0.77	0.65
Thiamin (mg/100 g)	0.081	0.015	0.125	0.225
Riboflavin (mg/100 g)	0.40	0.22	0.35	0.20
Niacin (mg/100 g)	3.61	3.88	4.96	7.03
Pantothenic acid (mg/100 g)	1.50	1.50	1.29	1.35
Pyridoxine (mg/100 g)	0.10	0.29	0.11	0.10

Table 1.

3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References





1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

Mean nutrient content of raw mushrooms per 100 g edible portion.

Source: USDA [25].

On the other hand, Han et al. [24] reported that PSC contained 22.4 g/100 g protein, 56.99 g/100 g dietary fibre (i.e. 56.99 g/100 g total dietary fibre, 48.79 g/100 g insoluble dietary fibre, and 8.20 g/100 g soluble dietary fibre), 7.79 g/100 g ash, and 3.32 g/100 g  $\beta$ -glucan but has low amount of sucrose (0.19 g/100 g) and crude fat (2.30 g/100 g). According to Elleuch et al. [27], polysaccharides especially dietary fibres are the most important active compounds among others. Hence, several medicinal and pharmacological properties of PSC are believed to be associated with dietary fibre which can provide functional properties.

It is interesting to note that different parts of mushroom, the cap, stalk, or cap with a stalk of oyster mushroom (*Pleurotus ostreatus*), an edible mushroom, presented different proximate compositions [28]. The results showed that the stalk of mushrooms had the highest moisture content (6.33 g/100 g) than the other parts of mushrooms, whereas the cap showed the least moisture content (3.48 g/100 g). In addition, there was a noticeable difference in their protein content, 34.19 g/100 g of the cap, 20.96 g/100 g of a stalk, and 30.48 g/100 g of the cap with a stalk. Cruz-Solorio et al. [29] reported that the fruit body of *Pleurotus ostreatus* has significant nutritional values and highly valuable protein concentrates. Protein fractionation revealed that globulin had the highest proportion with 47.31% present in the cap, 23.31% in stalk, and 44.65% present in cap with a stalk, while albumin varied between 3.29 and 4.18% in cap, stalk, and cap with a stalk [28]. Moreover, the cap, stalk, and stalk with a cap were reported to have 3.14 g/100 g, 7.53 g/100 g, and 8.12 g/100 g, respectively, of crude fibre. The ash content was between 5.30 and 8.24 g/100 g for all parts of the mushroom; the fat content was 1.48 g/100 g, 1.55 g/100 g, and 1.5 g/100 g for the stalk, cap, and stalk with the cap, respectively. Carbohydrate content ranges between 51.94 and 61.77 g/100 g [28].

In another study by Kayode et al. [23], they found that the proximate compositions of exotic oyster mushroom grown on *Gmelina* wood waste and indigenous wild species of oyster mushroom (i.e. PSC) have 7.00 g/100 g and 7.15 g/100 g moisture, 19.30 g/100 g and 25.24 g/100 g protein, 7.24 g/100 g and 6.65 g/100 g crude fat, 7.47 g/100 g and 7.05 g/100 g crude fibre, 7.13 g/100 g and 8.25 g/100 g ash, and 51.86 g/100 g and 45.66 g/100 g total carbohydrate, respectively. This study concluded that oyster mushroom grown on *Gmelina* wood waste is favourably compared with the wild counterpart and has potential for use as acceptable human food [23].

According to Aremu et al. [26], *Ganoderma* sp., *Omphalotus olearius*, and *Hebeloma mesanhaemum* are species reported to be among the most edible mushrooms commonly found

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties



mushrooms are species reported to be among the most edible mushrooms commonly found in Nigeria. They evaluated the proximate composition of these three edible mushrooms. The evaluated samples contained moisture, crude protein, ash, crude fat, and total carbohydrate in the range of 10.0–11.1 g/100 g, 18.5–21.5 g/100 g, 7.3–8.3 g/100 g, 6.9–8.7 g/100 g, and 50.3–50.9 g/100 g, respectively. Moreover, Valverde et al. [13] reported that the major fatty acids found in mushrooms are linoleic (C18:2), oleic (C18:1), and palmitic (C16:0). Besides, there was also a mild amount of crude fibre (2.8–3.5 g/100 g) present in the evaluated mushroom [26]. This can be concluded that the nutritional content of mushrooms does not only depend on environmental factors but also on species.

Ishara et al. [30] fortified the maize flour with mushroom flour from *Agaricus bisporus* and *Pleurotus ostreatus*, aimed to improve the nutritional values of the flour. To this, the compositional characteristics and their interactions were investigated. Overall, the protein content of maize flour increased with increased mushroom flour content from 6.9 g/100 g to 15.87 g/100 g (*Agaricus bisporus*) up to 19.32 g/100 g (*Pleurotus ostreatus*), and a significant increase in fibre (0.53–5.89 g/100 g) was observed [30]. Overall, edible mushrooms contain a high amount and good quality protein content for approximately 20–40 g/100 g of dry weight basis [31]. They are ranked to be richer than most food sources except meat in terms of protein content [32]. Besides, the mushroom also contains several amino acids that cannot be derived by a human: phenylalanine, lysine, isoleucine, leucine, valine, histidine, threonine, methionine, glutamic acids, and aspartic [5, 33]. To this, glutamic acids and aspartic are the two essential amino acids that give the property umami taste of mushrooms [34]. Therefore, mushroom provides balancing diet compounds in sufficient amounts for human health.

Further, Alexopolous et al. [35] reported that the fairy ring mushroom (*Marasmius oreades*) is a good edible species containing copper, iron, zinc, folic acid, and all the essential amino acids required by a human. In addition, *Lentinula edodes* is reported to have low sodium and glucose, which are ideal for diabetics [35]. In another report, several predominant minerals such as potassium, magnesium, calcium, and iron are found in both exotic cultivated oyster mushrooms and indigenous wild oyster mushrooms. However, most of the mineral values are lower in exotic cultivated mushrooms as compared with that wild oyster mushroom. Oluwafemi et al. [28] reported that phosphorus, magnesium, and potassium were the major abundant minerals in mushroom with 497.35 mg/100 g in the cap, 340.59 mg/100 g stalk, and 466.24 mg/100 g caps with a stalk. Also, according to Kalač [36], potassium is the major element in edible mushrooms. It was reported that potassium is unevenly distributed within the different parts of mushroom fruit bodies; potassium is found to accumulate most concentration in a cap, followed by stipe, spore-forming part, and the least in spores. Magnesium is the second major mineral after potassium found in wild edible mushrooms [36]. Interestingly, sodium is found to present the lowest concentration among all evaluated

- 5. Therapeutic values
  - 6. Functional foods from edible mushrooms
  - 7. The effects of edible mushrooms fortification on food quality
  - 8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE



- 1. Introduction
  - 2. Nutritional compositions
  - 3. Functional properties
  - 4. Nutraceutical properties
  - 5. Therapeutic values
  - 6. Functional foods from edible mushrooms
  - 7. The effects of edible mushrooms fortification on food quality
  - 8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE

minerals in the mushrooms [36, 37]. On the other hand, the fortification of maize flour with mushroom powder resulting in the mineral content increased from 2.84 to 8.74 mg/100 g for iron and 3.13 to 5.41 mg/100 g for zinc in the composite flours [30].

Another study was performed on the determination of  $\beta$ -carotene (vitamins A);  $\alpha$ -tocopherol and  $\gamma$ -tocopherol for vitamin E, ascorbic acid (vitamin C), thiamine (vitamin B<sub>1</sub>), and riboflavin (vitamin B<sub>2</sub>); and several dominant and trace minerals on selected wild edible mushrooms, namely, *Pleurotus* sp., *Hygrocybe* sp., *Hygrophorus* sp., *Schizophyllum commune*, and *Polyporus tenuiculus*. The results revealed that *Schizophyllum commune* had the highest vitamins A and E for approximately 2711.30 mg/g fresh weight and 85.08 mg/g fresh weight, respectively. For other wild edible mushrooms tested, except *Pleurotus* sp., vitamins C, B<sub>1</sub>, and B<sub>2</sub> were found mild [38]. According to Keegan et al. [39], mushrooms generally lacked in vitamin D<sub>2</sub>. However, they can act as a biological precursor to vitamin D<sub>2</sub> due to the presence of ergosterol, a type of sterol predominantly found in mushrooms. Therefore, this feature indirectly makes mushrooms as an excellent source for vitamin D<sub>2</sub>.

ADVERTISEMENT

### 3. Functional properties

The functional properties of flours play an important role in determining the level of utilisation in ingredient formulation as well as in food product development. It is important to recognise the functional properties (i.e. water absorption capacity, oil absorption capacity, emulsifying, foaming, and gelification ability) of mushroom flours for their efficient use and acceptance by consumers [40]. The analysis of functional properties, water absorption capacity, oil absorption capacity, oil emulsion capacity, foaming stability, foaming capacity, least gelation concentration, and bulk density on flour prepared from *Ganoderma* spp., *Omphalotus olearius*, and *Hebeloma mesophaeum* provided interesting findings [26]. The functional properties' results of all the tested edible mushrooms demonstrated that they contained water absorption capacity ranges from 260.0 to 390.0%, 450–480% of oil absorption capacity, 57.3–61.0 mL/g of oil emulsion capacity, foaming stability (51.0–54.0%), foaming capacity ranges from 101.8 to 131.5%, least gelation concentration 12.0–14.0%, and 230.0–410.0 g/mL of bulk density [26]. Moreover, Aremu et al. [26] concluded that the results of forming stability after 24 h for *Ganoderma* spp., *Omphalotus olearius*, and *Hebeloma mesophaeum* reflected that the studied mushroom

DOWNLOAD FOR FREE



1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible

samples might be attractive for incorporation into meat or bakery products like cakes or whipping topping where oil absorption and foaming are, respectively, important [26]. *Pleurotus sajor-caju* powder presented notable functional properties such as water holding capacity (13.46 g/g), oil holding capacity (8.52 mL/g), swelling capacity (19.49 mL/g), emulsifying activity (51.67%), and emulsifying stability (95.37%) [24].

Cruz-Solorio et al. [29] evaluated the functional properties of flours processed from fruit bodies of three *Pleurotus ostreatus* strains: a strain from commercial (POS), a culture collection strain (PCM) and a hybrid derived from POS and PCM (POS × PCM), and protein concentrates. The authors described pale yellow flours that were obtained from all three strains of edible mushrooms, while greyish brown was observed for protein concentrates. They recorded that the bulk density of the processed flour was to be ranged from 0.52 to 0.64 g/mL which showed higher than that of protein concentrates (0.30–0.35 g/mL). For water absorption capacities, 300–118.8% was obtained for flours, while protein concentrates demonstrated higher oil absorption capacity than the flours. Meanwhile, flours and protein concentrates showed a minimal gelation concentration (2%). For foam capacity formation, protein concentrates presented a higher value than that of flour at pH 8.0. However, for foam stability, both flours and protein concentrates showed high value at pH 8.0 and pH 10.0 (alkaline conditions). The flours presented have 3.96–26.68 m<sup>2</sup>/g of emulsion activity index, whereas protein concentrates range from 1.55 to 10.28 m<sup>2</sup>/g. The authors concluded that flours and protein concentrates produced from *Pleurotus ostreatus* presented remarkable functional properties and it has the potential to be used in the food industry where foaming and emulsifying properties are required [29].

In addition, another report by Oluwafemi et al. [28] on various parts of *Pleurotus ostreatus* showed that mushroom stalk (675%) had higher water absorption capacity than the cap (487%) and the mixture of stalk and cap (530%). The bulk density varied as 0.483 g/ml cap, 0.297 g/ml stalk, and 0.501 g/ml for a mixture of stalk and cap. Overall, the mushroom cap has the highest emulsion and foaming capacity of 17.33% and 30.67%, respectively. Ishara et al. [30] found that there was a positive significant linear effect in the substitution of mushroom flour (i.e. *Agaricus bisporus* and *Pleurotus ostreatus*) for maize flour on foam stability, foaming capacity, swelling capacity, solubility index, water retention capacity, water absorption capacity, and oil absorption capacity, but a negative linear effect was observed for the bulk density, compact density, and syneresis.

ADVERTISEMENT

mushrooms

7. The effects of edible mushrooms fortification on food quality
8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



4. INTRODUCTION

2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values

6. Functional foods from edible mushrooms

7. The effects of edible mushrooms fortification on food quality

8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



## 4. Nutraceutical properties

The importance of edible mushrooms as a nutraceutical source can be correlated to their composition and presence of phytochemicals. Reports have shown edible mushrooms to contain a wide array of bioactive compounds. These bioactive compounds present great potential to be applied as therapeutic agents. This is in agreement with the reports from Kozarski et al. [41], whereby the radical scavenging antioxidative activities of edible mushrooms come from an array of biomolecules from the carotenoid and polyphenol groups. Mushrooms are well-known to have rich various bioactive compounds that are widely used as raw material for the development of functional foods. It could emerge as the nutraceutical food for the next generation [42]. According to Sánchez [43], phenolic compounds such as myricetin, quercetin, caffeic acid, catechin, and pyrogallol are present in all edible mushrooms. Besides, antioxidant components (i.e. phenolics, carotenoids, ascorbic acid, tocopherols, ergosterol, and polysaccharides) are mainly found constituted in both fruit bodies, mycelium, and culture of mushrooms [43].

Different edible mushroom cultivars and wild species are reported to possess varied concentrations of phytochemicals and antioxidant activities. Kayode et al. [23] reported that qualitative analysis of oyster mushroom grown on *Gmelina* wood waste and the indigenous wild species of oyster mushroom showed the presence of the five major phytochemicals: alkaloid, tannin, flavonoid, saponin, and cardiac glycosides. In addition, for the quantitative analysis, alkaloid presented as the most predominant phytochemical in both evaluated samples: 10.05% for oyster mushroom grown on *Gmelina* wood waste and 9.64% for indigenous wild species. The authors concluded that oyster mushroom grown on *Gmelina* wood waste could compare favourably with the indigenous wild species counterpart on the phytochemical compositions [23]. Total polyphenols are the dominant naturally occurring antioxidant components found in the wild edible mushrooms that show great scavenging ability due to their hydroxyl groups [44, 45].

Radzki et al. [46] studied the effect of hydrothermal treatment (i.e. citric acid solution blanching (5 min) and oiling in water (15 min)) on the antioxidant capacity (i.e. ferric-reducing antioxidant power assay (FRAP), and scavenging ability on 1,1-diphenyl-2-picrylhydrazyl (DPPH) assays) of three species of edible mushroom, namely, *Pleurotus ostreatus*, *Agaricus bisporus*, and *Lentinula edodes*. The results showed that water extracts for nontreatment mushrooms (control) contained noticeably more phenolic compounds. Both the water and ethanolic extracts for *Agaricus bisporus* possessed the highest content of total phenolic compounds and antioxidant capacity, but the lowest content was found in

1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on



phenolic compounds and antioxidant capacity, but the lowest content was found in *Lentinula edodes*. Overall, the authors concluded that the blanching and oiling processes caused a decrease in the antioxidant activity. However, in terms of hydrothermal resistance, *Pleurotus ostreatus* was the most vulnerable [46]. Another report by Mau et al. [47] demonstrated that the methanolic extract of *Termitomyces albuminosus* mycelia has high antioxidant properties. On the other hand, an aqueous extract of *Agaricus blazei* was a potent free radical scavengers and is possible to be used as a pharmacological agent against oxidative stress [48]. Several factors may influence the antioxidant activity of mushroom including the development of fruiting bodies and culture conditions, processing conditions in industrial and domestic environments, and digestion and absorption in human intestinal [49].

Mujić et al. [44] evaluated the potential antioxidant activity content of antioxidant compounds, phenolics and flavonoids, and scavenging capacity on DPPH radicals of three edible mushroom species *Lentinula edodes*, *Hericium erinaceus*, and *Agrocybe aegerita*. *Agrocybe aegerita* showed to have the highest total phenolics (23.07 mg GAE/g) and total flavonoids (5.04 mg CE/g) content. Radical scavenging activity was found to exhibit  $IC_{50}$  value for extract concentration of 0.198 mg/mL for *Hericium erinaceus*, 0.073 mg/mL for *Lentinula edodes*, and lower than 0.02 mg/mL for *Agrocybe aegerita*. The highest antioxidant activity of *Agrocybe aegerita* extract is in relation to its highest total phenols content. Therefore, *Agrocybe aegerita* could be considered as a raw material with high potential antioxidant activity [44].

Keleş et al. [45] evaluated total phenolic and antioxidant activity in the methanolic extracts of 24 types of dried wild edible mushrooms. The authors concluded that mushrooms contain 420–12775.56 mg/kg of phenolics and the FRAP and DPPH values range between 145.50–62771.43  $\mu\text{mol/g}$  and 10.17–97.96% of dried matter, respectively; the total phenolics in methanolic extracts were the highest in *Boletus edulis*, whereas the methanolic extracts from *Leccinum scabrum* showed most potent radical scavenging activity (97.96%). It was found that p-coumaric, p-hydroxybenzoic, protocatechuic, and cinnamic acids were contained in the phenolic fraction of five wild mushrooms from Portugal [50]. Thus, edible mushrooms may be applied as natural antioxidants in food products.

ADVERTISEMENT

## 5 Therapeutic values

food quality

8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction

2. Nutritional compositions

3. Functional properties

4. Nutraceutical properties

5. Therapeutic values

6. Functional foods from edible mushrooms

7. The effects of edible mushrooms fortification on food quality

8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



### 5. Therapeutic values

Apart from the nutritional values, edible mushrooms are also being used for a very long time to treat many types of diseases. Many of the common edible species have therapeutic properties and have been eaten for medical treatment purposes [51]. Many therapeutic values of mushrooms traditionally used in folklores of many parts of countries are being scientifically corroborated and have been found to stem from numerous biologically active and health-promoting metabolites that the mushrooms produce [21, 49]. Mushrooms have been reported as useful in preventing diseases such as hypertension, hypercholesterolemia, and cancer [44] due to the presence of high antioxidative compounds in mushrooms. The consumption of food containing antioxidant compounds like mushrooms will protect against the damage of cells from free radical, delays ageing, as well as prevent various diseases [43]. According to Zekovic et al. [52], mushrooms'  $\beta$ -glucans have been reported to exhibit different effects (i.e. antitumour, immune-booster) when compared with  $\beta$ -glucans from oats and barley (i.e. lowering cholesterol and blood sugar). Often, the  $\beta$ -glucans produced by specific mushroom species have specific names such as ganoderan (*Ganoderma lucidum*), grifolan (*Grifola fondosa*), lentinan (*Lentinus edodes*), pleuran (*Pleurotus ostreatus*), and schizophyllan (*Schizophyllum commune*) [53]. Apart from the immunomodulatory properties reported, mushrooms'  $\beta$ -glucans have also been documented to have antibacterial activity [54]. Many studies demonstrated that  $\beta$ -glucans, a water-soluble dietary of many edible mushrooms, are responsible for antioxidant, anticancer, anticholesterolaemic, immunomodulating, and neuroprotective activities. Furthermore, they are recognised as potent immunological stimulators in humans. Studies showed that  $\beta$ -glucans bind to a membrane receptor and induce these biological responses [55, 56, 57].

Valverde et al. [13] reported that several active compounds such as phenolics, ascorbic acid, carotenoids, and tocopherol isolated from the different species of mushrooms are responsible compounds to boost the immune system of the body and have anti-hypercholesterolaemic activity, antiviral activity, and anticancer, and ameliorate the toxic effect of chemo- and radiotherapy. The previous study conducted by Lau et al. [58] demonstrated that the protein extract from selected local edible mushrooms (i.e. *Pleurotus cystidiosus* and *Agaricus bisporus*) has high antihypertensive activities. Besides, *Pleuran* from *Pleurotus* spp. has shown marked immunity-stimulating effect and blood cholesterol-reducing effect, whereby proteoglycans possess immunomodulatory and antitumour activities [59]. A similar report was also presented by Li et al. [60]; a polysaccharide isolated from *Pholiota nameko* (PNPS-1) from the family of Strophariaceae leads to significant decreases in very low-density lipoprotein/low-density lipoprotein cholesterol and an increase in high-density lipoprotein cholesterol.

1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality
8. Conclusions



In Japan, lentinan, a complex carbohydrate, is isolated from a variety of mushrooms such as *Lentinula edodes* for the natural treatment of cancer. Lentinan is commonly used in clinic assays as an adjuvant in tumour therapy (i.e. chemotherapy and radiotherapy) [43]. *Lentinula edodes* is also a source of selenium, an antioxidant that is said to prevent cancer [35]. Bioactive proteins and peptides in mushrooms such as lectins, laccases, ribonucleases, antimicrobial proteins, fungal immunomodulatory proteins, and ribosome-inactivating proteins have significant value for pharmaceutical use [61]. According to Zhang et al. [62], lectin isolated from *Pholiota adiposa* showed antiproliferative activity. Lectins are proteins or glycoproteins bound to the carbohydrate cell surface, specifically [63]. Other than that, *Flammulina velutipes* is rich in peroxidase, superoxide dismutase, and others and can prevent some severe diseases like cancer and coronary heart diseases [64]. A study by Qu et al. [65] showed that fatty acids that are extracted from *Hygrophorus eburneus* have antifungal and antibacterial activities. In addition, hygrophamides isolated from the fruiting bodies of *Hygrophorus eburneus* are important constituents of cell membranes that play important roles as antigens and their receptors. Aina et al. [66] recorded that the chanterelles, an edible mushroom species *Cantharellus cibarius*, have antimicrobial activities against yeast, filamentous fungi, Gram-negative and Gram-positive bacteria, as well as actinomycetes.

ADVERTISEMENT

## 6. Functional foods from edible mushrooms

Mushrooms are generally traded in food industries in three categories, which are fresh, dried, or canned and processed as mushroom-based products [67]. Most of the fresh mushroom is used in soup, sauce, and as a filling in buns or pizzas. The fresh mushroom is usually sold in local markets due to its short shelf life. As reported by Akbarirad et al. [68], the shelf life of mushrooms is limited under normal refrigeration conditions. The short shelf life of fresh mushrooms is one of the constraints in the distribution and marketing of fresh products. Therefore, in order to maximise the use of mushrooms in the production of high-quality and nutritional food as well as to preserve and ensure that the mushroom can be used for a long period, various mushroom-based products are being developed.

Canned mushrooms have been widely marketed and used in the preparation of mushroom soup, stew, and pizza to replace the use of fresh mushrooms [69, 70, 71, 72, 73, 74, 75]. Dried

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality
8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction
2. Nutritional compositions



mushrooms have been used in instant soup and sauce preparation [76]. However, the dry form of the edible mushroom has limited uses in food production compared to powdered mushroom which has broad application in food developments. The mushroom powder has great potential as an ingredient in various food products due to its functional characteristics. Mushrooms are recognised as an alternative source of good quality protein and are capable of producing the highest quantity of protein per unit area and time from the worthless agrowastes [77]. Based on a study by Salehi [78], mushrooms contain 22.41% of protein which is higher than the protein in wheat flour. This finding is in line with Wan Rosli et al. [79] and Mendil et al. [80], who reported that the protein content in mushroom is around 25%.

A few studies have been done on supplemented mushroom powdered into food products such as noodles, pasta, rice porridge, as well as bakery products [16, 81, 82, 83, 84]. The powder mushroom is mainly being used as a composite flour in bakery production. According to Coelho and Salas Mellado [85], nowadays, there is a lot of attention on the substitution of various flour types for wheat flour to satisfy demands for healthier food. Higher protein content in mushroom powder will develop a better gluten network and produce the right and better elasticity in bakery products as well as in pasta and noodles. The additional amount of mushroom in pasta enhances the antioxidant content [16].

Several studies have been done on the application of mushroom as food additives in food products. Süfer et al. [76] mentioned that the supplemented 5% of *Agaricus bisporus* and *Pleurotus ostreatus* powder in snacks and meatballs gives a promising factor for the production of aromatic and novel foods. The application of mushrooms in meatballs is due to a higher amount of protein and other components such as iron, zinc, selenium, potassium, and vitamin B [86] as well as delicate taste that leads to the growing demand of red meat. Consuming excessive red meat will lead to serious health problems such as cardiovascular diseases, cancer, and obesity due to its saturated fatty acids. The supplemented mushroom powder is expected to reduce the possibility of having those diseases.

ADVERTISEMENT

## 7. The effects of edible mushrooms fortification on food quality

3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality

### 8. Conclusions

Conflict of interest

References



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality

### 8. Conclusions

Conflict of interest

References

The increase in production and consumption of food products using edible mushrooms is due to their nutritional values as well as medicinal effects. Several studies reported that the addition of powdered mushrooms showed an increase in protein, crude fibre, and ash in various food products. Fortification of powdered mushroom at 6 and 10% showed better results for nutritional values as well as the quality for all food products. The protein content in both bread and muffin supplemented with 10% powdered mushroom showed an increase pattern compared to the control. The increase of protein content in both food products was attributed to the high level of protein in mushroom powder. However, the high level of protein content does not affect the specific volume [87]. This suggests that the protein content in powdered mushrooms is unable to produce/develop the gluten network and improve the viscoelasticity of bread and muffin. According to Ortolan and Steel [88], gluten in protein can be categorised into two, which are vital and nonvital glutes. Nonvital gluten is only used for protein enrichment not for its viscoelastic properties.

The crude fibre content in bread is significantly higher than the control [89]. The higher fibre content in food products is favourable due to its beneficial effect on human health such as protection from constipation, cardiovascular diseases, and obesity [90, 91]. The high fibre content in both bakery products is also one of the main reasons for the lower specific volume in bread and muffins. Increasing fibre content in composite flour generally increases the requirement of water absorption [92]. Indirectly it gives heavier loaf and decreases the bread volume. The addition of high fibre content of flour also shows a negative effect on bread quality due to longer dough development, reduction of gas retention, and limitation of expanding the ability of the dough [93].

The supplemented powdered mushroom is high in protein in bakery products such as bread, cake, muffin, and biscuits [81, 82, 83, 90]. The addition of 10% of powdered desert truffles may increase the diameter and thickness of the biscuit. According to Gadallah and Ashoush [82], biscuits that have higher spread ratios are considered most desirable. The additional amount of dessert truffle powdered in biscuits is also proven to have higher antioxidant activities.

The enrichment of protein in pasta and noodles can be achieved by adding shiitake, porcini, and powdered oyster mushroom [16, 84]. The moisture content in noodles supplemented with 10% of mushroom powder shows lower enrichment than the control. According to Foschia et al. [94], the reduction of water is due to the competing of fibre in powdered mushrooms with starch during noodle formation, causing the reduction of starch swelling and water absorption. Besides, the fibre content in noodles with 10% additional powdered mushroom shows significant difference with the control which suggests lower moisture

REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest  
References

REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties



content in noodles.

Most of food products such as bread, cake, biscuits, paratha, rice porridge, and noodles show higher ash content compared to control. Higher ash content means a higher amount of mineral present in food products. The taste, texture, appearance, and stability of food products supplemented with powdered mushrooms also depend on the concentration of mineral [81, 82, 90]. The mushroom powder favoured in rice porridge is due to its meaty flavour. Moreover, they contain high protein, fibre, and minerals. The proximate composition and sensory characteristic of rice porridge were investigated by Aishah and Wan Rosli [81]. Their result showed that consumer acceptability of rice porridge supplemented with 6% of oyster mushroom powder has a higher score than the control. A similar trend can be seen in paratha bread [81] except for fat content. Besides, the authors reported that there is a huge reduction of fat content in paratha bread supplemented with 6% of oyster mushroom [81].

Chun et al. [95] used shiitake mushroom in pork patty production. This powdered mushroom acts as phosphate in pork patties. Phosphate acts as food additives, which increase the water holding capacity, reduce cooking loss, and improve the texture of food products. Besides, it also protects the aroma and accelerates the formation of cured meat colour [95]. However, in term of sensory characteristics, most of the food products supplemented with powdered mushrooms were less preferred by the panellists in terms of texture, aroma, taste, and overall acceptability. The colour of food products supplemented with mushroom powder shows darker colour, thus affecting the preference of most mushroom-based products [96].

ADVERTISEMENT

## 8. Conclusions

Mushrooms are gaining popularity and are widely consumed across the globe by all age groups. Mushrooms are considered to be one of the superfoods due to its high nutrient content, especially protein, dietary fibre, vitamins, and minerals. In addition, mushrooms are also well-known to contain bioactive compounds, such as ergosterol,  $\beta$ -glucans, lentinan, and peroxidase, which possess health functionalities. This claim is backed by various studies showing that mushrooms possessed anti-hypercholesterolaemic, antiviral,

5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest  
References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest  
References

REGISTER TO

antitumor, anticancer, and antihypertensive activities. Studies have been conducted to investigate the potential of mushrooms in food applications. The findings from these studies showed promising results, whereby the incorporation of mushroom into food products enhances the nutritional values, as well as the physical properties of the food product. Hence, it is not a surprise to know that the food and pharmaceutical industries are using mushrooms or bioactive compounds from mushrooms to develop functional foods.

ADVERTISEMENT

### Conflict of interest

All authors declare there is no conflict of interest in this review.

### INVEST IN YOUR HEALTH

Ads By **tāpnative**



**A Teaspoon On An Empty Stomach May Burn 12 Lbs Of Fat A Week**

Women's Health News



**How Your Body Warns You That Dementia is Forming**

Signs Of Alzheimer's



**Randy Jackson: "This Drink Is Like A Powerwash For Your Gut"**

Unify Health Labs



**The Safe & Easy Way to Keep Meds Cool While You're Traveling**



**Cardiologist: Too Much Belly Fat? Do This Before Bed**



**Do You Have a Child Affected by HIE (Birth Injury)?**

DOWNLOAD FOR FREE



1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible

## References

1. Kalaras MD, Beelman RB, Elias RJ. Effects of postharvest pulsed UV light treatment of white button mushrooms (*Agaricus bisporus*) on vitamin D<sub>2</sub> content and quality attributes. *Journal of Agricultural and Food Chemistry*. 2012;60:220-225. DOI: 10.1021/jf203825e
2. Mallikarjuna SE, Ranjini A, Haware DJ, Vijayalakshmi MR, Shashirekha MN, Rajarathnam S. Mineral composition of four edible mushrooms. *Journal of Chemistry*. 2013;2013:1-5. DOI: 10.1155/2013/805284
3. Feeney MJ, Dwyer J, Hasler-Lewis CM, Milner JA, Noakes M, Rowe S, et al. Mushrooms and health summit proceedings. *The Journal of Nutrition*. 2014;144(1):1128S-1136S. DOI: 10.3945/jn.114.190728
4. Manjunathan J, Kaviyaran V. Nutrient composition in wild and cultivated edible mushroom, *Lentinus tuberregium* (Fr.) Tamil Nadu, India. *International Food Research Journal*. 2011;18:809-811
5. Lallawmsanga, Passari AK, ishra VK, Leo VV, Singh BP, Meyyappan GV, et al. Antimicrobial potential, identification and phylogenetic affiliation of wild mushrooms from two sub-tropical semi-evergreen Indian Forest ecosystems. *PLoS One*. 2016;11(11):e0166368. DOI: 10.1371/journal.pone.0166368
6. Feng T, Wu Y, Zhang Z, Song S, Zhuang H, Xu Z, et al. Purification, identification, and sensory evaluation of kokumi peptides from *Agaricus bisporus* mushroom. *Food*. 2019;8:1-12. DOI: 10.3390/foods8020043
7. Ma G, Yang W, Zhao L, Pei F, Fang D, Hu Q. A critical review on the health promoting effects of mushrooms nutraceuticals. *Food Science and Human Wellness*. 2018;7:125-133. DOI: 10.1016/j.fshw.2018.05.002
8. Cheung LM, Cheung PCK, Ooi VEC. Antioxidant activity and total phenolics of edible mushroom extracts. *Food Chemistry*. 2003;81:249-255. DOI: 10.1016/S0308-8146(02)00419-3
9. Lallawmsanga, Leo VV, Passari AK, Muniraj IK, Uthandi S, Hashem A, et al. Elevated levels of laccase synthesis by *Pleurotus pulmonarius* BPSM10 and its potential as a dye decolorizing agent. *Saudi Journal of Biological Sciences*. 2018;6(3):161-169. DOI: 10.1016/j.sjbs.2018.06.002

mushrooms

7. The effects of edible mushrooms fortification on food quality

8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction

2. Nutritional compositions

3. Functional properties

4. Nutraceutical properties

5. Therapeutic values

6. Functional foods from edible mushrooms

7. The effects of edible mushrooms fortification on food quality

8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE





10. Mishra VK, Passari AK, Leo VV, Singh BP. Molecular diversity and detection of endophytic fungi based on their antimicrobial biosynthetic genes. In: Singh BP, Gupta VK, editors. *Molecular Markers in Mycology, Fungal Biology*. Switzerland: Springer International Publisher; 2016. pp. 1-35. DOI: 10.1007/978-3-319-34106-4\_1
11. Leo VV, Passari AK, Joshi JB, Mishra VK, Uthandi S, Gupta VK, et al. A novel triculture system (CC<sub>3</sub>) for simultaneous enzyme production and hydrolysis of common grasses through submerged fermentation. *Frontiers in Microbiology*. 2016;7:447. DOI: 10.3389/fmicb.2016.00447
12. Kalaras MD, Richie JP, Calcagnotto A, Beelman RB. Mushrooms: A rich source of the antioxidants ergothioneine and glutathione. *Food Chemistry*. 2017;233:429-433. DOI: 10.1016/j.foodchem.2017.04.109
13. Valverde ME, Hernández-Pérez T, Paredes-López O. Edible mushrooms: Improving human health and promoting quality life. *International Journal of Microbiology*. 2015;2015:1-14. DOI: 10.1155/2015/376387
14. Wan Rosli WI, Solihah MA. Nutritive qualities of patties prepared with mixture of meat and oyster mushroom. *International Food Research Journal*. 2014;21:2001-2006
15. Vallée M, Lu X, Narciso JO, Li W, Qin Y, Brennan MA, et al. Physical, predictive glycaemic response and antioxidative properties of black ear mushroom (*Auricularia auricula*) extrudates. *Plant Foods for Human Nutrition*. 2017;72:301-307. DOI: 10.1007/s11130-017-0621-6
16. Lu XK, Brennan MA, Serventi L, Liu JF, Guan WQ, Brennan CS. Addition of mushroom powder to pasta enhances the antioxidant content and modulates the predictive glycaemic response of pasta. *Food Chemistry*. 2018;264:199-209. DOI: 10.1016/j.foodchem.2018.04.130
17. Olawuyi IF, Lee WY. Quality and antioxidant properties of functional rice muffins enriched with shiitake mushroom and carrot pomace. *International Journal of Food Science and Technology*. 2019;54:2321-2328. DOI: 10.1111/ijfs.14155
18. Lu X, Brennan MA, Narciso J, Guan W, Zhang J, Yuan L, et al. Correlations between the phenolic and fibre composition of mushrooms and the glycaemic and textural characteristics of mushroom enriched extruded products. *LWT: Food Science and Technology*. 2020;118:108730. DOI: 10.1016/j.lwt.2019.108730
19. Roysse DJ, Baars J, Tan Q. Current overview of mushroom production in the world. In: *Handbook of Mushroom Cultivation*. Berlin: Springer; 2018. pp. 1-10.

1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible

- Diego CZ, Parao-Gimenez A, editors. *Edible and Medicinal Mushrooms: Technology and Applications*. West Sussex: John Wiley & Sons Ltd; 2017. pp. 5-13. DOI: 10.1002/9781119149446
20. FAOSTAT. Mushrooms and Truffles [Internet]. 2019. Available from: <http://www.fao.org/faostat/en/#data/QC> [Accessed: 12 August 2019]
  21. Samsudin NIP, Abdullah N. Edible mushrooms from Malaysia; a literature review on their nutritional and medicinal properties. *International Food Research Journal*. 2019;26:11-31
  22. Boa E. Wild Edible Fungi—A Global Overview of their Use and Importance to People [Internet]. 2004. Available from: <http://www.fao.org/3/y5489e/y5489e00.htm#Contents> [Accessed: 12 August 2019]
  23. Kayode RMO, Olakulehin TF, Adedeji BS, Ahmed O, Aliyum TH, Badmos AHA. Evaluation of amino acid and fatty acid profiles of commercially cultivated oyster mushroom (*Pleurotus sajor-caju*) grown on gmelina wood waste. *Nigerian Food Journal*. 2015;33(1):18-21. DOI: 10.1016/j.nifo.2015.04.001
  24. Han NS, Ahmad WANW, Ishak WRW. Quality characteristics of *Pleurotus sajor-caju* powder: Study on nutritional compositions, functional properties and storage stability. *Sains Malaysiana*. 2016;45(11):1617-1623
  25. USDA. Food Data Central [Internet]. 2019. Available from: <https://fdc.nal.usda.gov> [Accessed: 12 August 2019]
  26. Aremu MO, Basu SK, Gyar SD, Goyal A, Bhowmik PK, Datta BS. Proximate composition and functional properties of mushroom flours from *Ganoderma* spp., *Omphalotus olearius* (DC.) sing. and *Hebeloma mesophaeum* (Pers.) Quéf. used in Nasarawa State, Nigeria. *Malaysian Journal of Nutrition*. 2009;15(2):233-241
  27. Elleuch M, Bedigian D, Roiseux O, Besbes S, Blecker C, Attia H. Dietary fibre and fibre-rich by-products of food processing: Characterisation, technological functionality and commercial applications: A review. *Food Chemistry*. 2011;124:411-421. DOI: 10.1016/j.foodchem.2010.06.077
  28. Oluwafemi GI, Seidu KT, Fagbemi TN. Chemical composition, functional properties and protein fractionation of edible oyster mushroom (*Pleurotus ostreatus*). *Annals. Food Science and Technology*. 2016;17(1):218-223
  29. Cruz-Solorio A, Villanueva-Arce R, Garin-Aguilar ME, Leal-Lara H, Toro GV-D. Functional properties of flours and protein concentrates of 3 strains of the edible mushroom *Pleurotus ostreatus*. *Journal of Food Science Technology*. 2018;55(10):3892-

mushrooms fortification on food quality

8. Conclusions

Conflict of interest

References



4. Introduction

2. Nutritional compositions

3. Functional properties

4. Nutraceutical properties

5. Therapeutic values

6. Functional foods from edible mushrooms

7. The effects of edible mushrooms fortification on food quality

8. Conclusions

Conflict of interest

References



30. Ishara JRM, Sila DN, Kenji GM, Buzera AK. Nutritional and functional properties of mushroom (*Agaricus bisporus* & *Pleurotus ostreatus*) and their blends with maize flour. *American Journal of Food Science and Technology*. 2018;6(1):33-41. DOI: 10.12691/ajfst-6-1-6
31. Farzana T, Mohajan S. Effect of incorporation of soy flour to wheat flour on nutritional and sensory quality of biscuits fortified with mushroom. *Food Science and Nutrition*. 2015;3(5):363-369. DOI: 10.1002/fsn3.228
32. Chang ST, Miles PG. Recent trends in world production of cultivated edible mushroom. *Mushroom Journal*. 1989;504:15-17
33. Wang XM, Zhang J, Wu LH, Zhao YL, Li T, Li JQ, et al. A mini-review of chemical composition and nutritional value of edible wild-grown mushroom from China. *Food Chemistry*. 2014;151:279-285. DOI: 10.1016/j.foodchem.2013.11.062
34. Tsai SY, Tsai HL, Mau JL. Non-volatile taste components of *Agaricus blazei*, *Agrocybe cylindracea* and *Boletus edulis*. *Food Chemistry*. 2008;107:977-983. DOI: 10.1016/j.foodchem.2007.07.080
35. Alexopolous CJ, Mims CW, Blackwell M. *Introductory Mycology*. 4th ed. India: John Wiley & Sons; 2002. pp. 880
36. Kalač P. A review of chemical composition and nutritional value of wild-growing and cultivated mushrooms. *Journal of the Science of Food and Agriculture*. 2013;93:209-2018. DOI: 10.1002/jsfa.5960
37. Shin CK, Yee CF, Shya LJ, Atong M. Nutritional properties of some edible wild mushrooms in Sabah. *Journal of Applied Sciences*. 2007;7:2216-2221. DOI: 10.3923/jas.2007.2216.2221
38. Chye FY, Wong JY, Lee JS. Nutritional quality and antioxidant activity of selected edible wild mushrooms. *Food Science and Technology International*. 2008;14:375-384. DOI: 10.1177/1082013208097445
39. Keegan RJ, Lu Z, Bogusz JM, Williams JE, Holick MF. Photobiology of vitamin D in mushrooms and its bioavailability in humans. *Dermato-Endocrinology*. 2013;5:165-176. DOI: 10.4161/derm.23321
40. Adebowale K, Lawal O. Comparative study of the functional properties of Bambara groundnut (*Voandzeia subterranean*) jack bean (*Canavalia ensiformis*) and Mucuna bean (*Mucuna pruriens*) flour. *Food Research International*. 2004;37:355-365. DOI: 10.1016/j.foodres.2004.03.001

1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality
8. Conclusions

41. Kozarski M, Klaus A, Jakovljevic D, Todorovic N, Vunduk J, Petrović P, et al. Antioxidants of edible mushrooms: A review. *Molecules*. 2015;20:19489-19525. DOI: 10.3390/molecules201019489
42. Rathore H, Prasad S, Sharma S. Mushroom nutraceuticals for improved nutrition and better human health: A review. *PharmaNutrition*. 2017;5:35-46. DOI: 10.1016/j.phanu.2017.02.001
43. Sánchez C. Reactive oxygen species and antioxidant properties from mushrooms. *Synthetic and Systems Biotechnology*. 2017;2(2017):13-22. DOI: 10.1016/j.synbio.2016.12.001
44. Mujčić I, Zeković Z, Lepojević Ž, Vidović S, Živković J. Antioxidant properties of selected edible mushroom species. *Journal of Central European Agriculture*. 2010;11(4):387-392. DOI: 10.1007/s11483-009-9143-6
45. Keleş A, Koca I, Gençcelep H. Antioxidant properties of wild edible mushrooms. *Food Processing and Technology*. 2011;2(6):1000130. DOI: 10.4172/2157-7110.1000130
46. Radzki W, Sławińska A, Jabłońska-Ryś E, Michalak-Majewska M. Effect of blanching and cooking on antioxidant capacity of cultivated edible mushrooms: A comparative study. *International Food Research Journal*. 2016;23(2):599-605
47. Mau JL, Chang CN, Huang SJ, Chen CC. Antioxidant properties of methanolic extracts from *Grifola frondosa*, *Morchella esculenta* and *Termitomyces albuminosus* mycelia. *Food Chemistry*. 2004;87(1):111-118. DOI: 10.1016/j.foodchem.2003.10.026
48. Hakime-Silva RA, Velloso JCR, Khalil NM, Khalil OAK, Brunetti IL, Oliveira OMMF. Chemical enzymatic and cellular antioxidant activity studies of *Agaricus blazei* Murrill. *Anais da Academia Brasileira de Ciências*. 2013;85(3):1073-1081. DOI: 10.1590/S0001-37652013005000044
49. Ruiz-Rodriguez A, Santoyo S, Soler-Rivas C. Antioxidant properties of edible mushrooms. *Functional Plant Science and Biotechnology*. 2009;3(Special Issue 1):92-102
50. Heleno SA, Barros L, Martins A, Queiroz MJRP, Santos-Buelga C, Ferreira ICFR. Portugal: Chemical compounds with antioxidant properties. *Journal of Agricultural and Food Chemistry*. 2012;60(18):4634-4640. DOI: 10.1016/j.foodres.2012.12.020
51. Guillamón E, García-Lafuente A, Lozano M, D'Arrigo Rostagno MA, Villares A, Martínez JA. Edible mushrooms: Role in the prevention of cardiovascular diseases. *Pharmacology and Therapeutics*. 2013;120:1-12. DOI: 10.1016/j.pharmthera.2012.12.001

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction

2. Nutritional compositions

3. Functional properties

4. Nutraceutical properties

5. Therapeutic values

6. Functional foods from edible mushrooms

7. The effects of edible mushrooms fortification on food quality

8. Conclusions

Conflict of interest

References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction

2. Nutritional compositions

52. Zekovic DB, Kwiatkowski S, Vrvic MM, Jakovljevic D, Moran CA. Natural modified (1→3)-β-glucans in health promotion and disease alleviation. *Critical Reviews in Biotechnology*. 2005;25:205-230. DOI: 10.1080/07388550500376166
53. Zhu F, Du B, Bian Z, Xu B. β-Glucans from edible and medicinal mushrooms: Characteristics, physicochemical and biological activities. *Journal of Food Composition and Analysis*. 2015;41:165-173. DOI: 10.1016/j.jfca.2015.01.019
54. Rasmy GE, Botros WA, Kabeil S, Daba AS. Preparation of glucan from *Lentinula edodes* edible mushroom and elucidation of its medicinal value. *Australian Journal of Basic and Applied Sciences*. 2010;4:5717-5726
55. Ishibashi KI, Miura NN, Adachi Y, Ohno N, Yadomae T. Relationship between solubility of grifolan, a fungal 1,3-β-D-glucan, and production of tumor necrosis factor by macrophages in vitro. *Bioscience, Biotechnology and Biochemistry*. 2001;65(9):1993-2000. DOI: 10.1271/bbb.65.1993
56. Kataoka K, Muta T, Yamazaki S, Takeshige K. Activation of macrophages by linear (1→3)-β-D-glucans. Implications for the recognition of fungi by innate immunity. *Journal of Biological Chemistry*. 2002;277(39):36825-36831. DOI: 10.1074/jbc.M206756200
57. Khan MA, Tania M, Liu R, Rahman MM. *Hericium erinaceus*: An edible mushroom with medicinal values. *Journal of Complementary and Integrative Medicine*. 2013;10(1):253-258. DOI: 10.1515/jcim-2013-0001
58. Lau CC, Abdullah N, Shuib AS, Aminudin N. Proteomic analysis of antihypertensive proteins in edible mushrooms. *Journal of Agricultural and Food Chemistry*. 2012;60:12341-12348. DOI: 10.1021/jf3042159
59. Agrawal RP, Chopra A, Lavekar GS, Padhi MM, Srikanth N, Ota S, et al. Effect of oyster mushroom on glycemia, lipid profile and quality of life in type 2 diabetic patients. *Australian Journal of Medical Herbalism*. 2010;22(2):50-54
60. Li H, Zhang M, Ma G. Hypolipidemic effect of the polysaccharide from *Pholiota nameko*. *Nutrition*. 2010;26(5):556-562. DOI: 10.1016/j.nut.2009.06.009
61. Xu X, Yan H, Chen J, Zhang X. Bioactive proteins from mushrooms. *Biotechnology Advances*. 2011;29(6):667-674. DOI: 10.1016/j.biotechadv.2011.05.003
62. Zhang GQ, Sun J, Wang HX, Ng TB. A novel lectin with antiproliferative activity from the medicinal mushroom *Pholiota adiposa*. *Acta Biochimica Polonica*. 2009;56(3):415-

4. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality
8. Conclusions
- Conflict of interest
- References



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties
5. Therapeutic values
6. Functional foods from edible mushrooms
7. The effects of edible mushrooms fortification on food quality
8. Conclusions
- Conflict of interest
- References



63. Singh RS, Bhari R, Kaur HP. Mushroom lectins: Current status and future perspectives. *Critical Reviews in Biotechnology*. 2010;30(2):99-126. DOI: 10.3109/07388550903365048
64. Sharma VP, Kumar S, Tiwari RP. *Flammulina velutipes*, the Culinary Medicinal Winter Mushroom. Vol. 6. New Delhi: Yugantar Prakashan Pvt. Ltd; 2009. pp. 7
65. Qu Y, Zhang HB, Liu JK. Isolation and structure of a new ceramide from the Basidiomycete *Hygrophorus eburneus*. *Verlag der Zeitschrift für Naturforschung Section B*. 2004;59:241-244. DOI: 10.1002/(SICI)1099-0690(199801)1998:1<129::AID-EJOC129>3.0.CO;2-A
66. Aina DA, Jonathan SG, Olawuyi OJ, Ojelabi DO, Durowoju BM. Antioxidant, antimicrobial and phytochemical properties of alcoholic extract of *Cantharellus cibarius*—A Nigerian mushroom. *New York Science Journal*. 2012;5(101):114-120
67. Mat Amin MZ, Harun A, Wahab MAMA. Status and potential of mushroom industry in Malaysia. *Economic and Technology Management Review*. 2014;9b:103-111
68. Akbarirad H, Kazemini SM, Shariaty MA. Deterioration and some of applied preservation techniques for common mushrooms (*Agaricus bisporus* followed by *Lentinula edodes*, *Pleurotus* spp.). *The Journal of Microbiology Biotechnology and Food Sciences*. 2013;2:2398-2402
69. Cardwell G, Bormman JF, James AP, Black LJ. A review of mushroom as a potential source of dietary vitamin D. *Nutrients*. 2018;10(10):1498. DOI: 10.3390/nu10101498
70. Dai X, Stanilka JM, Rowe CA, Esteve EA, Nieves C, Spaiser SJ, et al. Consuming *Lentinula edodes* (shiitake) mushrooms daily improves human immunity: A randomized dietary intervention in healthy young adults. *Journal of the American College of Nutrition*. 2015;34(6):478-487. DOI: 10.1080/07315724.2014.950391
71. Asfors KE, Ley K. Sulfated polysaccharides in inflammation. *Journal of Laboratory and Clinical Medicine*. 1993;121:201-202
72. Wasser SP. Medicinal mushrooms as a source of antitumor and immunomodulating polysaccharides. *Applied Microbiology and Biotechnology*. 2002;60:258-274. DOI: 10.1007/s00253-002-1076-7
73. Tang C, Hoo PC-X, Tan LT-H, Pusparajah P, Khan TM, Lee L-H, et al. Golden needle mushroom: A culinary medicine with evidenced-based biological activities and health promoting properties. *Frontiers in Pharmacology*. 2016;7:474. DOI: 10.3389/fphar.2016.00474

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

REGISTER TO  
DOWNLOAD FOR FREE



1. Introduction
2. Nutritional compositions
3. Functional properties
4. Nutraceutical properties

74. Alam N, Yoon KN, Lee JS, Cho HJ, Shim MJ, Lee TS. Dietary effect of *Pleurotus eryngii* on biochemical function and histology in hypercholesterolemic rats. *Saudi Journal of Biological Sciences*. 2011;18(4):403-409. DOI: 10.1016/j.sjbs.2011.07.001
75. Monira S, Haque A, Muhit A, Sarker NC, Alam AHMK, Rahman AA, et al. Antimicrobial, antioxidant and cytotoxic properties of *Hypsizygus tessulatus* cultivated in Bangladesh. *Research Journal of Medicinal Plants*. 2012;6:30-308. DOI: 10.3923/rjmp.2012.300.308
76. Süfer O, Bozok F, Demir H. Usage of edible mushrooms in various food products. *Turkish Journal of Agriculture: Food Science and Technology*. 2016;4(3):144-149. DOI: 10.24925/turjafv4i3.144-149.599
77. Chandha KL, Sharma SR. Mushroom research in India—History, infrastructure and achievements. In: Chandha KL, editor. *Advances in Horticulture*. New Delhi: MPH (Malhotra Publishing House); 1995. pp. 1-8
78. Salehi F. Characterization of different mushrooms powder and its application in bakery products: A review. *International Journal of Food Properties*. 2019;22(1):1375-1385. DOI: 10.1080/10942912.2019.1650765
79. Wan Rosli WI, Solihah MA, Mohsin SSJ. On the ability of oyster mushroom (*Pleurotus sajor-caju*) conferring changes in proximate composition and sensory evaluation of chicken patty. *International Food Research Journal*. 2011;18(4):1463-1469
80. Mendil D, Uluozlu OD, Hasdemir E, Caglar A. Determination of trace elements on some wild edible mushroom samples from Kastamonu Turkey. *Food Chemistry*. 2004;88(2):281-285. DOI: 10.1016/j.foodchem.2004.01.039
81. Aishah MS, Wan Rosli WI. The effect of addition of oyster mushroom (*Pleurotus sajor-caju*) on nutrient composition and sensory acceptance of selected wheat- and rice-based products. *International Food Research Journal*. 2013;20(1):183-188
82. Gadallah MGE, Ashoush IS. Value addition on nutritional and sensory properties of biscuit using desert truffle (*Terfezia claveryi*) powder. *Food and Nutrition Sciences*. 2016;7:1171-1181. DOI: 10.4236/fns.2016.712109
83. Farooq M, Rakha A, Ul Hassan J, Fazal R, Saleem M, Saboor M, et al. Physicochemical and nutritional characterization of mushroom powder enriched muffins. *International Journal of Fauna and Biological Studies*. 2018;5(3):9-16
84. Wahyono A, Novianti Bakri A, Kasutjani ngati. Physicochemical and sensorial characteristics of noodle enriched with oyster mushroom (*Pleurotus ostreatus*) powder. *Journal of Physics: Conference Series*. 2018;2024:1-8. DOI: 10.1088/1742-6596/2024/1/012024

4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References

 REGISTER TO  
DOWNLOAD FOR FREE

1. Introduction
  2. Nutritional compositions
  3. Functional properties
  4. Nutraceutical properties
  5. Therapeutic values
  6. Functional foods from edible mushrooms
  7. The effects of edible mushrooms fortification on food quality
  8. Conclusions
- Conflict of interest
- References







# Edible mushroom

46 languages

Article Talk Read Edit View history Tools

From Wikipedia, the free encyclopedia



This article **needs additional citations for verification**. Please help *improve this article* by adding citations to reliable sources. Unsourced material may be challenged and removed. Find sources: "Edible mushroom" – news · newspapers · books · scholar · JSTOR (November 2018) (Learn how and when to remove this template message)

"Mushroom (food)" redirects here. For other uses, see mushroom.

**Edible mushrooms** are the fleshy and edible fruit bodies of several species of macrofungi (fungi which bear fruiting structures that are large enough to be seen with the naked eye). They can appear either below ground (hypogeous) or above ground (epigeous) where they may be picked by hand.<sup>[1]</sup> Edibility may be defined by criteria that include absence of poisonous effects on humans and desirable taste and aroma.<sup>[2]</sup> Edible mushrooms are consumed for their nutritional and culinary value. Mushrooms, especially dried shiitake, are sources of umami flavor.<sup>[3]</sup> <sup>[11, 52, 110]</sup><sup>[4]</sup>

Edible mushrooms include many fungal species that are either harvested wild or cultivated. Easily cultivated and common wild mushrooms are often available in markets, and those that are more difficult to obtain (such as the prized truffle, matsutake, and morel) may be collected on a smaller scale by private gatherers. Some preparations may render certain poisonous mushrooms fit for consumption.

Before assuming that any wild mushroom is edible, it should be identified. Accurate determination and proper identification of a species is the only safe way to ensure edibility, and the only safeguard against possible accidents. Some mushrooms that are edible for most people can cause allergic reactions in some individuals, and old or improperly stored specimens can cause food poisoning. Great care should therefore be taken when eating any fungus for the first time, and only small quantities should be consumed in case of individual allergies. Deadly poisonous mushrooms that are frequently confused with edible mushrooms and responsible for many fatal poisonings include several species of the genus *Amanita*, particularly *Amanita phalloides*, the *death cap*. Even normally edible species of mushrooms may be dangerous, as mushrooms growing in polluted locations can accumulate pollutants, such as heavy metals.<sup>[5]</sup>

Despite long-term use in folk medicine, there is no scientific evidence that consuming "medicinal mushrooms" cures or lowers the risk of human diseases.<sup>[6]</sup><sup>[7]</sup>

## History of mushroom use [ edit ]

**Mycophagy** /ˈmaɪˌkɒfədʒɪ/, the act of consuming mushrooms, dates back to ancient times. Edible mushroom



White and Enoki mushrooms – while common, they are just one of the many types of mushrooms cultivated and eaten



Contents [hide]

(Top)

- History of mushroom use
- Production
- Culinary uses
  - Cooking
  - Storage
- Health and nutrition
  - Vitamin D
  - Use in traditional medicine
  - Safety concerns
- List of edible mushrooms
  - Commercially cultivated
  - Commercially harvested wild fungi
  - Other edible wild species
  - Conditionally-edible species
- See also
- References
- External links

See also

- References
- External links

species have been found in association with 13,000-year-old archaeological sites in Chile. Ötzi, the mummy of a man who lived between 3400 and 3100 BCE in Europe, was found with two types of mushroom. The Chinese value mushrooms for their supposed medicinal properties as well as for food. Ancient Romans and Greeks, particularly the upper classes, used mushrooms for culinary purposes. Food tasters were employed by Roman emperors to ensure that mushrooms were safe to eat.<sup>[6]</sup>



Assorted wild edible mushrooms in a basket

## Production [ edit ]

In 2019, world production of commercial mushrooms and recorded truffle collection reported to the Food and Agriculture Organization was 11.9 million tonnes, led by China with 75% of the total:

Country	(millions of tonnes)
<span><span><span></span></span><span> </span></span> China	8.94
<span><span><span></span></span><span> </span></span> Japan	0.47
<span><span><span></span></span><span> </span></span> United States	0.38
<span><span><span></span></span><span> </span></span> Poland	0.36
<span><span><span></span></span><span> </span></span> Netherlands	0.30
<b>World</b>	<b>11.90</b>

Source: FAOSTAT of the United Nations<sup>[9]</sup>

## Culinary uses [ edit ]

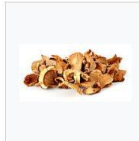
*See also:* *List of mushroom dishes*

## Cooking [ edit ]

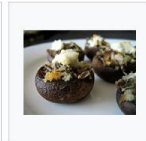
Mushrooms may be cooked before consumption to improve texture and lower trace levels of toxic hydrazines. Frying, roasting, baking, and microwaving are all used to prepare mushrooms. Cooking lowers the amount of water present in the food. Mushrooms do not go mushy with long term cooking because the chitin that gives most of the structure to a mushroom does not break down until 400 °C (752 °F) which is not reached in any normal cooking.<sup>[*citation needed*]</sup>

## Storage [ edit ]

Mushrooms will usually last a few days, longer if refrigerated. Mushrooms can be frozen, but are best cooked first. They can also be dried or pickled.



A collection of dried



Stuffed mushrooms

Storage

Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

Conditionally-edible species

See also

References

External links

Storage

Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

▼ List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

Conditionally-edible species

See also

References

External links

A collection of other mushrooms

Shiitake mushrooms prepared using portabello mushrooms

## Health and nutrition [edit]

Higher mushroom consumption has been associated with lower risk of breast cancer.<sup>[10]</sup> As of 2021, mushroom consumption has not been shown to conclusively affect risk factors for cardiovascular diseases.<sup>[11]</sup>

A commonly eaten mushroom is the **white mushroom** (*Agaricus bisporus*). In a 100-gram (3½-ounce) reference serving, *Agaricus* mushrooms provide 92 kilojoules (22 kilocalories) of food energy and are 92% water, 3% carbohydrates, 3% protein, and 0.3% fat. They contain high levels of riboflavin, niacin, and pantothenic acid, with moderate content of phosphorus (see table). Otherwise, raw white mushrooms generally have low amounts of essential nutrients. Although cooking by boiling lowers mushroom water content only 1%, the contents per 100 grams for several nutrients increase appreciably, especially for dietary minerals.

The content of vitamin D is absent or low unless mushrooms are exposed to sunlight or purposely treated with artificial ultraviolet light, even after harvesting and processed into dry powder.<sup>[12][13]</sup>

### Vitamin D [edit]

When exposed to UV light before or after harvest, mushrooms convert their large concentrations of ergosterol into vitamin D<sub>2</sub>.<sup>[12][13]</sup> This is similar to the reaction in humans, where vitamin D<sub>3</sub> is synthesized after exposure to sunlight.

Testing showed an hour of UV light exposure before harvesting made a serving of mushrooms contain twice the FDA's daily recommendation of vitamin D. With 5 minutes of artificial UV light exposure after harvesting, a serving of mushrooms contained four times as much.<sup>[12]</sup> Analysis also demonstrated that natural sunlight produced vitamin D<sub>2</sub>.<sup>[13]</sup>

The form of vitamin D found in UV-irradiated mushrooms is ergocalciferol, or vitamin D<sub>2</sub>. This is not the same as cholecalciferol, called vitamin D<sub>3</sub>, which is produced by UV-irradiation of human or animal skin, fur, and feathers. Although vitamin D<sub>2</sub> has vitamin-D activity in humans, and is widely used in food fortification and nutritional supplements, vitamin D<sub>3</sub> is more commonly used in dairy and cereal products.

Name	Chemical composition	Structure
<b>Vitamin D<sub>1</sub></b>	ergocalciferol with lumisterol, 1:1 <sup>[14]</sup>	
<b>Vitamin D<sub>2</sub></b>	ergocalciferol (made from ergosterol)	
<b>Vitamin D<sub>3</sub></b>	cholecalciferol (made from 7-Dehydrocholesterol in the skin).	

Fungi

### White mushrooms, raw

Nutritional value per 100 g (3.5 oz)		
<b>Energy</b>	93 kJ (22 kcal)	
<b>Carbohydrates</b>	3.3 g	
<b>Fat</b>	0.3 g	
<b>Protein</b>	3.1 g	
<b>Vitamins</b>	<b>Quantity</b>	<b>%DV<sup>†</sup></b>
Vitamin A equiv.	0 µg	0%
Thiamine (B <sub>1</sub> )	0.08 mg	7%
Riboflavin (B <sub>2</sub> )	0.4 mg	33%
Niacin (B <sub>3</sub> )	3.6 mg	24%
Pantothenic acid (B <sub>5</sub> )	1.5 mg	30%
Vitamin B <sub>6</sub>	0.1 mg	8%
Folate (B <sub>9</sub> )	17 µg	4%
Vitamin B <sub>12</sub>	0 µg	0%
Choline	17.3 mg	4%
Vitamin D	7 IU	1%
Vitamin E	0 mg	0%
Vitamin K	0 µg	0%
<b>Minerals</b>	<b>Quantity</b>	<b>%DV<sup>†</sup></b>
Calcium	3 mg	0%
Copper	0.32 mg	16%
Iron	0.5 mg	4%
Magnesium	9 mg	3%
Manganese	0.05 mg	2%
Phosphorus	86 mg	12%
Potassium	316 mg	7%
Selenium	9.3 µg	13%
Zinc	0.52 mg	5%
<b>Other constituents</b>	<b>Quantity</b>	
Water	92 g	

[Link to Full USDA Database entry](#)

<b>Units</b>
µg = micrograms • mg = milligrams
IU = International units

<sup>†</sup>Percentages are roughly approximated using US recommendations for adults.

### White mushrooms, cooked, drained, without salt

Nutritional value per 100 g (3.5 oz)

Storage

▼ **Health and nutrition**

Vitamin D

Use in traditional medicine

Safety concerns

▼ List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

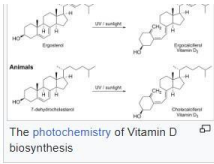
Other edible wild species

Conditionally-edible species

See also

References

External links



Storage

Health and nutrition

**Vitamin D**

Use in traditional medicine

Safety concerns

List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

Conditionally-edible species

See also

References

External links

**Use in traditional medicine** [ edit ]

*Main article: Medicinal fungi*

Medicinal mushrooms are mushrooms or *extracts* from mushrooms that are thought to be treatments for diseases, yet remain unconfirmed in mainstream science and medicine, and so are not approved as drugs or medical treatments.<sup>[15]</sup> Such use of mushrooms therefore falls into the domain of traditional medicine<sup>[16]</sup> for which there is no direct high-quality clinical evidence of efficacy.<sup>[6][7]</sup>

Preliminary research on mushroom extracts has been conducted to determine if anti-disease properties exist, such as for polysaccharide-K<sup>[17]</sup> or lentinan.<sup>[18]</sup> Some extracts have widespread use in Japan, Korea and China, as potential adjuvants for radiation treatments and chemotherapy.<sup>[19][20]</sup>



Lingzhi, a well-known mushroom (*Ganoderma lucidum*), also called "Reishi"



Chicken of the woods (*Laetiporus sulphureus*)



Common Morel (*Morchella esculenta*)

<b>Energy</b>	117 kJ (28 kcal)
<b>Carbohydrates</b>	5.3 g
<b>Fat</b>	0.5 g
<b>Protein</b>	2.2 g
<b>Vitamins</b>	<b>Quantity</b> <b>%DV</b> <sup>†</sup>
Vitamin A equiv.	0 µg 0%
Thiamine (B <sub>1</sub> )	0.1 mg 9%
Riboflavin (B <sub>2</sub> )	0.3 mg 25%
Niacin (B <sub>3</sub> )	4.5 mg 30%
Pantothenic acid (B <sub>5</sub> )	2.2 mg 44%
Vitamin B <sub>6</sub>	0.1 mg 8%
Folate (B <sub>9</sub> )	18 µg 5%
Vitamin B <sub>12</sub>	0 µg 0%
Choline	19.9 mg 4%
Vitamin D	21 IU 4%
Vitamin E	0 mg 0%
Vitamin K	0 µg 0%
<b>Minerals</b>	<b>Quantity</b> <b>%DV</b> <sup>†</sup>
Calcium	6 mg 1%
Copper	0.5 mg 25%
Iron	1.7 mg 13%
Magnesium	12 mg 3%
Manganese	0.1 mg 5%
Phosphorus	87 mg 12%
Potassium	356 mg 8%
Selenium	13.4 µg 19%
Zinc	0.9 mg 9%
<b>Other constituents</b>	<b>Quantity</b>
Water	91.1 g
<a href="#">Link to Full USDA Database entry</a> <sup>ⓘ</sup>	
Units µg = micrograms • mg = milligrams IU = International units	
<sup>†</sup> Percentages are roughly approximated using US recommendations for adults.	

Storage

Health and nutrition

**Vitamin D**

Use in traditional medicine

Safety concerns

List of edible mushrooms

- Commercially cultivated
- Commercially harvested wild fungi
- Other edible wild species
- Conditionally-edible species
- See also
- References
- External links

## Safety concerns [ edit ]

Some wild species are toxic, or at least indigestible, when raw.<sup>[21]</sup> The safety of consuming Reishi mushrooms has not been adequately demonstrated, as of 2019.<sup>[6]</sup> Reishi mushrooms may cause side effects including dryness of the mouth or throat, itchiness, rash, stomach upset, diarrhea, headache, or allergic reactions.<sup>[6]</sup> Failure to identify poisonous mushrooms and confusing them with edible ones has resulted in death.<sup>[21][22][23]</sup>

## List of edible mushrooms [ edit ]

### Commercially cultivated [ edit ]

Mushroom cultivation has a long history, with over twenty species commercially cultivated. Mushrooms are cultivated in at least 60 countries.<sup>[24]</sup> A fraction of the many fungi consumed by humans are currently cultivated and sold commercially. Commercial cultivation is important ecologically, as there have been concerns of the depletion of larger fungi such as chanterelles in Europe, possibly because the group has grown popular, yet remains a challenge to cultivate.

- *Agaricus bisporus* dominates the edible mushroom market in North America and Europe, in several forms. It is an edible basidiomycete mushroom native to grasslands in Europe and North America. As it ages, this mushroom turns from small, white and smooth to large and light brown. In its youngest form, it is known as the 'common mushroom', 'button mushroom', 'cultivated mushroom', and 'champignon mushroom'. Its fully mature form is known as 'portobello'. Its semi-mature form is known variously as 'cremini', 'baby-bella', 'Swiss brown' mushroom, 'Roman brown' mushroom, 'Italian brown' mushroom, or 'chestnut' mushroom.<sup>[25][26][27][28]</sup>
- *Pleurotus* species, the oyster mushrooms, are commonly grown at industrial scale.<sup>[29]</sup>
- *Lentinula edodes*, the Shiitake mushroom<sup>[26]</sup>
- *Auricularia heimuer*, wood ear mushroom
- *Volvariella volvacea*, the paddy straw mushroom or straw mushroom
- *Volvariella bombycina*
- *Flammulina filliformis*, the enoki mushroom, golden needle mushroom, seafood mushroom, lily mushroom, or winter mushroom
- *Flammulina velutipes*
- *Tremella fuciformis*, the snow fungus, snow ear, silver ear fungus and white jelly mushroom
- *Hypsizygus tessellatus*, aka Hypsizygus marmoreus, the beech mushroom, also known in its white and brown varieties as Bunapi-shimeji and Buna-shimeji, respectively
- *Stropharia rugosoannulata*, the wine cap mushroom, burgundy mushroom, garden giant mushroom or king stropharia
- *Cyclocybe aegerita*, the pioppino, velvet pioppini, poplar or black poplar mushroom
- *Heridium erinaceus*, the lion's mane, monkey head, bearded tooth, satyr's beard, bearded hedgehog, or pom pom mushroom.
- *Phallus indusiatus*, the bamboo mushrooms, bamboo pith, long net stinkhorn, crinoline stinkhorn or veiled lady mushroom.

### Commercially harvested wild fungi [ edit ]

Some species are difficult to cultivate; others (particularly mycorrhizal species) have not yet been successfully cultivated. Some of these species are harvested from the wild and can be found in markets. When in the season they can be purchased fresh, and many species are sold dried as well. The following species are commonly harvested from the wild:

- *Boletus edulis* or edible Boletus, native to Europe, known in Italian as *fungo porcino* (plural 'porcini') (pig mushroom), in German as *Steinpilz* (stone mushroom), in Russian as Russian: Белый гриб, tr. *Belyi grib* (white mushroom), in Albanian as (wolf mushroom), in French as the *cèpe* and in the UK as the penny bun. It is also known as the king bolete, and is renowned for its delicious flavor. It is sought after worldwide, and can be found



Commercially cultivated Japanese edible mushroom species - clockwise from left, enokitake, buna-shimeji,

- Storage
- Health and nutrition
- Vitamin D
- Use in traditional medicine
- Safety concerns
- List of edible mushrooms
  - Commercially cultivated
  - Commercially harvested wild fungi
  - Other edible wild species
  - Conditionally-edible species
- See also
- References
- External links

bunapi-shimeji, king oyster mushroom and shiitake

in a variety of culinary dishes.

- *Boletus griseus*
- *Boletus varipes*
- *Boletus pinophilus*

• *Calbovista subsculpta* commonly known as the sculptured giant puffball is a common puffball of the Rocky Mountains and Pacific Coast ranges of western North America. The puffball is more or less round with a diameter of up to 15 cm (6 in), white becoming brownish in age, and covered with shallow pyramid-shaped plates or scales. It fruits singly or in groups along roads and in open woods at high elevations, from summer to autumn. It is considered a choice edible species while its interior flesh (the gleba) is still firm and white. As the puffball matures, its insides become dark brown and powdery from mature spores.

• *Calvatia gigantea* the giant puffball. Giant puffballs are considered a choice edible species and are commonly found in meadows, fields, and deciduous forests usually in late summer and autumn. It is found in temperate areas throughout the world.<sup>[29]</sup> They can reach diameters up to 150 cm (60 in) and weights of 20 kg (45 lb). The inside of mature Giant puffballs is greenish brown, whereas the interior of immature puffballs is white. The large white mushrooms are edible when young.<sup>[30][31]</sup>

• *Cantharellus cibarius* (the chanterelle). The yellow chanterelle is one of the best and most easily recognizable mushrooms and can be found in Asia, Europe, North America and Australia. There are poisonous mushrooms that resemble it, though these can be confidently distinguished if one is familiar with the chanterelle's identifying features.

• *Craterellus tubaeformis*, the tube chanterelle, yellow foot chanterelle or yellow-leg

• *Craterellus fallax*

• *Clitocybe nuda*, blewit (or blewitt)

• *Cortinarius caperatus*, the Gypsy mushroom

• *Craterellus cornucopioides*, Trompette de la mort (trumpet of death) or horn of plenty

• *Grifola frondosa*, known in Japan as *maitate* (also "hen of the woods" or "sheep's head"), a large, hearty mushroom commonly found on or near stumps and bases of oak trees, and believed to have *Macrolepiota procera* properties.

• *Gyromitra esculenta* (the false morel) is prized by the Finns. This mushroom is deadly poisonous if eaten raw, but highly regarded when parboiled (see below).

• *Heridium erinaceus*, a tooth fungus; also called "lion's mane mushroom"

• *Hydnum repandum*, sweet tooth fungus, hedgehog mushroom or hedgehog fungus, urchin of the woods

• *Lactarius deliciosus*, saffron milk cap, consumed around the world and prized in Russia

• *Morchella* species, (morel family) morels belong to the ascomycete grouping of fungi. They are usually found in open scrub, woodland or open ground in late spring. When collecting this fungus, care must be taken to distinguish it from the poisonous false morels, including *Gyromitra esculenta*. The morel must be cooked before eating.

- *Morchella conica* var. *deliciosa*

- *Morchella esculenta* var. *rotunda*

- *Morchella crassipes*

- *Morchella elata*<sup>[32]</sup>

• *Pleurotus* species are sometimes commercially harvested despite the ease of cultivation.

• *Pleurotus ostreatus*

• *Termitomyces* species are symbiotes of termites and the mushrooms grow out of termite mounds. This genus includes the largest edible mushroom, *Termitomyces titanicus*, with a cap that averages 1 m in diameter,<sup>[33]</sup> though most species are much smaller. Research is underway to determine how to cultivate these mushrooms.<sup>[34]</sup>

• *Tricholoma matsutake*, the *matsutake*, a mushroom highly prized in Japanese cuisine.

Storage

Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

Conditionally-edible species

See also

References

External links

Storage

Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

Other edible wild species

Conditionally-edible species

See also

References

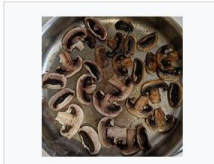
External links

• *Tuber*, species, (the truffle). Truffles have long eluded the modern techniques of domestication known as *trufficulture*. Although the field of trufficulture has greatly expanded since its inception in 1808, several species still remain uncultivated. Domesticated truffles include:

- *Tuber aestivum*, black summer truffle
- *Tuber borchii*
- *Tuber brumale*
- *Tuber indicum*, Chinese black truffle
- *Tuber macrosporum*, smooth black truffle
- *Tuber mesentericum*, the Bagnoli truffle<sup>[5]</sup>



Chanterelles in the wild



Common white mushrooms cooking (raw at lower left)



Baskets of mixed culinary mushrooms at the San Francisco Ferry Building



*Calvatia gigantea*, the giant puffball for sale at a market in England

Storage

Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

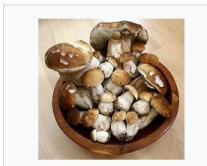
Other edible wild species

Conditionally-edible species

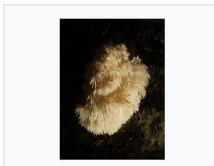
See also

References

External links



A collection of *Boletus edulis* of varying ages



*Hericium coralloides*



*Clitocybe nuda*



Black Périgord truffle, cut in half

### Other edible wild species [ edit ]

Many wild species are consumed around the world. The species which can be identified "in the field" (without use of special chemistry or a microscope) and therefore safely eaten vary widely from country to country, even from region to region. This list is a sampling of lesser-known species that are reported as edible.

- *Agaricus arvensis* (Horse Mushroom)
- *Agaricus silvaticus* (Pinewood Mushroom)
- *Agaricus solidipes*
- *Agaricus campestris*
- *Agaricus prophyrocephalus*
- *Aleuria aurantia* (Orange Peel Fungus)

- Storage
- Health and nutrition
  - Vitamin D
- Use in traditional medicine
- Safety concerns
- List of edible mushrooms
  - Commercially cultivated
  - Commercially harvested wild fungi
  - Other edible wild species**
  - Conditionally-edible species
- See also
- References
- External links

- *Amanita caesarea* (Caesar's Mushroom)
- *Armillaria mellea* (Honey mushroom)
- *Boletus badius* (Bay Bolete)
- *Bovistella radicata*
- *Calocybe gambosa* (St George's mushroom)
- *Calvatia utriformis* (Lycoperdon caelatum)
- *Calvatia cyanthiformis*
- *Chroogomphus* species (pine-spikes or spike-caps)
- *Clavariaceae* species (coral fungus family)
- *Clavulinaceae* species (coral fungus family)
- *Coprinus comatus*, the Shaggy mane, Shaggy Inkcap or Lawyer's Wig. Must be cooked as soon as possible after harvesting or the caps will first turn dark and unappetizing, then deliquesce and turn to ink. Not found in markets for this reason.
- *Corn smut* economically important pathogens of cereals. Known in Mexico as huilacoche, where it is considered a delicacy. Corn smuts can be used as fillings in quesadillas, tacos and soups.<sup>[36]</sup>
- *Cortinarius varicolor*
- *Cyttaria espinosae*
- *Fistulina hepatica* (beefsteak polypore or the ox tongue)
- *Flammulina velutipes* (Velvet Shank or Winter Fungus)
- *Hygrophorus chrysodon*
- *Kalaharituber pfeilii*
- *Lactarius deterrimus* (Orange Milkcap)
- *Lactarius salmonicolor*
- *Lactarius subdulcis* (mild milkcap)
- *Lactarius volemus* (Fishy Milkcap). Also known as "Weeping Milkcap".
- *Laetiporus sulphureus* (Sulphur shelf). Also known by names such as the "chicken mushroom", "chicken fungus", the sulphur shelf is a distinct bracket fungus popular among mushroom hunters.
- *Leccinum aurantiacum* (Red-capped scaber stalk)
- *Leccinum scabrum* (Birch bolete)
- *Leccinum versipelle* (Orange Birch Bolete / Boletus testaceoscaber)
- *Macrolepiota procera* (Parasol Mushroom); globally, it is widespread in temperate regions
- *Marasmius oreades* (Fairy Ring Champignon)
- *Polyporus mylitae*
- *Polyporus squamosus* (Dryad's saddle and Pheasant's back mushroom)
- *Pseudohydnum gelatinosum* (toothed jelly fungus)
- *Ramariaceae* species (coral fungus family)
- *Rhizopogon luteolus*
- *Russula*, some members of this genus, such as *R. laeta*, are edible
- *Sparassis crispa*, also known as "cauliflower mushroom"
- *Suillus bovinus*
- *Suillus granulatus* (Weeping Bolete). Also known as "Granulated Bolete".
- *Suillus luteus* (Chestnut Bolete)

- Storage
- Health and nutrition
  - Vitamin D
- Use in traditional medicine
- Safety concerns
- List of edible mushrooms
  - Commercially cultivated
  - Commercially harvested wild fungi
  - Other edible wild species**
  - Conditionally-edible species
- See also



*Auricularia auricula-judae*



*Lactarius salmonicolor*



References  
External links

- *Suillus rufus* (Slippery Jack)
- *Suillus tomentosus*
- *Suillus brevipes*
- *Suillus pictus*
- *Suillus decipiens*
- *Tricholoma terreum*

#### Conditionally-edible species [ edit ]

- *Amanita fulva* (Tawny Grisette) must be cooked before eating.
- *Amanita muscaria* is edible if parboiled to leach out toxins,<sup>[37]</sup> fresh mushrooms cause vomiting, twitching, drowsiness, and hallucinations due to the presence of muscimol. Although present in *A. muscaria*, ibotenic acid is not in high enough concentration to produce any physical or psychological effects unless massive amounts are ingested.
- *Amanita rubescens* (The Blusher) must be cooked before eating.
- *Coprinopsis atramentaria* (Coprinus atramentarius - Common Inkcap) is edible without special preparation, however, consumption with alcohol is toxic due to the presence of coprine. Some other *Coprinus* spp. share this property.
- *Gyromitra esculenta* (False Morel - Turban, Brain Mushroom) is eaten by some after it has been parboiled, however, many mycologists do not recommend it. Raw *Gyromitra* are toxic due to the presence of gyromitrin, and it is not known whether all of the toxin can be removed by parboiling.
- *Lactarius* spp. Apart from *Lactarius deliciosus* (Saffron Milkcap), which is universally considered edible, other *Lactarius* spp. that are considered toxic elsewhere in the world are eaten in some Eastern European countries and Russia after pickling or parboiling.<sup>[38]</sup>
- *Lactarius indigo*
- *Lactarius paradoxus*
- *Lactarius corrugis*
- *Lactarius volemus*
- *Lactarius hygrophoroides*
- *Lepista saeva* (Field Blewit, Blue Leg, or Tricholoma personatum) must be cooked before eating.
- *Morchella esculenta* (Morel) must be cooked before eating.<sup>[39]</sup>
- *Verpa bohemica* is considered choice by some—it even can be found for sale as a "morel"—but cases of toxicity have been reported. Verpas appear to contain monomethylhydrazine<sup>[40]</sup> and similar precautions apply to them as Gyromitra species.



*A. muscaria*, a conditionally-edible species

Storage

▼ Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

▼ List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

**Conditionally-edible species**

See also

References

External links

#### See also [ edit ]

- Chaga mushroom
- List of foods
- List of Chinese mushrooms and fungi
- List of mushroom dishes
- Mushroom ketchup



#### References [ edit ]

Storage

- ↑ Chang, Shu-Ting, Phillip G. Miles (1989). *Mushrooms: cultivation*.
- ↑ Borchers, A. T.; Krishnamurthy, A.; Keen, C. L.; Meyers, F. J.; Gerstwin, M.

Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

Conditionally-edible species

See also

References

External links

*nutritional value, medicinal effect, and Environmental Impact*ℹ. CRC Press. pp. 4–6. ISBN 978-0-8493-1043-0.

- ^ Mattila P, Suonpää K, Piironen V (2000). "Functional properties of edible mushrooms". *Nutrition*. **16** (7–8): 694–6. doi:10.1016/S0899-9007(00)00341-5ℹ. PMID 10906601ℹ.
- ^ Ole G. Mouritsen, Klavs Styrbæk (2014). *Umami: Unlocking the Secrets of the Fifth Taste*ℹ. Columbia University Press. ISBN 978-0231168908.
- ^ Paul Adams (24 November 2015). "Put the science of umami to work for you"ℹ. Popular Science, Bonnier Corporation. Retrieved 11 December 2015.
- ^ Kalač, Pavel, Svoboda, Lubomír (15 May 2000). "A review of trace element concentrations in edible mushrooms". *Food Chemistry*. **69** (3): 273–281. doi:10.1016/S0308-8146(99)00264-2ℹ.
- ^  *Reishi mushroom*ℹ. MedlinePlus, US National Library of Medicine. 19 January 2019. Retrieved 24 January 2019.
- ^  Money, Nicholas P. (2016). "Are mushrooms medicinal?"ℹ. *Fungal Biology*. **120** (4): 449–453. doi:10.1016/j.funbio.2016.01.006ℹ. ISSN 1878-6146ℹ. PMID 27020147ℹ.
- ^ Jordan P. (2006). *Field Guide to Edible Mushrooms of Britain and Europe*. New Holland Publishers. p. 10. ISBN 978-1-84537-419-8.
- ^ "Production of mushrooms and truffles in 2019, Crops/Regions/World list/Production Quantity (pick lists)"ℹ. UN Food and Agriculture Organization, Corporate Statistical Database (FAOSTAT). 2020. Retrieved 3 March 2021.
- ^  Ba DM, Ssentongo P, Beelman RB, Muscat J, Gao X, Richie JP (2020). "Mushroom Consumption Is Associated with Low Risk of Cancer: A Systematic Review and Meta-Analysis of Observation Studies"ℹ. *Current Developments in Nutrition*. **4** (2): 307. doi:10.1093/cdn/nzaa044\_006ℹ. PMC 7258270ℹ.
- ^  Krittanawong C, Isath A, Hahn J, Wang Z, Fogg SE, Bandyopadhyay D, Jneid H, Virani SS, Tang WHW (2021). "Mushroom Consumption and Cardiovascular Health: A Systematic Review". *Am J Med*. **134** (5): 637–642. doi:10.1016/j.amjmed.2020.10.035ℹ. PMID 33309597ℹ. S2CID 229179866ℹ.
- ^  Bowerman S (March 31, 2008). "If mushrooms see the light"ℹ. *Los Angeles Times*.
- ^  Koyyalamudi SR, Jeong SC, Song CH, Cho KY, Pang G (April 2009). "Vitamin D2 formation and bioavailability from *Agaricus bisporus* button mushrooms treated with ultraviolet irradiation". *J Agric Food Chem*. **57** (8): 3351–5. doi:10.1021/jf803908qℹ. PMID 19281276ℹ.
- ^  Kalaras MD, Beelman RB, Holick MF, Elias RJ (2012). "Generation of potentially bioactive ergosterol-derived products following pulsed ultraviolet light exposure of mushrooms (*Agaricus bisporus*)". *Food Chem*. **135** (2): 396–401. doi:10.1016/j.foodchem.2012.04.132ℹ. PMID 22888105ℹ.
- ^  Sullivan R, Smith JE, Rowan NJ (2006). "Medicinal mushrooms and cancer therapy: translating a traditional practice into Western medicine". *Perspect Biol Med*. **49** (2): 159–70. doi:10.1353/pbm.2006.0034ℹ. PMID 16702701ℹ. S2CID 29723996ℹ.
- ^ Hobbs C.I. (1995). *Medicinal Mushrooms: An Exploration of Tradition*

- ^ (2008). "The Immunobiology of Mushrooms". *Experimental Biology and Medicine*. **233** (3): 259–76. CiteSeerX 10.1.1.546.3528ℹ. doi:10.3181/0708-MR-227ℹ. PMID 18296732ℹ. S2CID 5643894ℹ.
- ^  "Wild Mushroom Warning: Mushroom Poisoning: Don't Invite 'The Death Angel' to Dinner"ℹ. US National Capital Poison Center, Washington, DC. 2017. Retrieved 11 January 2017.
- ^  Barbee G, Berry-Cabán C, Barry J, Borys D, Ward J, Salyer S (2009). "Analysis of mushroom exposures in Texas requiring hospitalization, 2005–2006"ℹ. *Journal of Medical Toxicology*. **5** (2): 59–62. doi:10.1007/BF03161087ℹ. PMC 3550325ℹ. PMID 19415588ℹ.
- ^  Osborne, Tegan (2016-02-03). "Deadly death cap mushrooms found in Canberra's inner-south as season begins early"ℹ. *ABC News*. Retrieved 2 May 2016.
- ^  John Ferreira. "U.S. Mushroom Industry"ℹ. *Usda.mannlib.cornell.edu*. Retrieved 2010-05-30.
- ^ "Every Type Of Mushroom You Need To Know About"ℹ. *Huffingtonpost.com*. 19 March 2014. Retrieved 23 October 2018.
- ^ "Common Types of Mushrooms"ℹ. *Realsimple.com*. Retrieved 23 October 2018.
- ^ "What's the Difference Between Cremini and Portobello Mushrooms?"ℹ. *Thekitchen.com*. Retrieved 23 October 2018.
- ^  "Cultivation of Oyster Mushrooms"ℹ. *Extension.psu.edu*. Retrieved 23 October 2018.
- ^  "*Calvatia gigantea* (giant puffball)"ℹ. *Discover plants and fungi*ℹ. www.kew.org. retrieved 8 August 2015
- ^  Arora, David (1986). *Mushrooms Demystified*ℹ. Berkeley, California: Ten Speed Press. pp. 158–159. ISBN 978-0-89815-169-5.
- ^  Bessette, Alan E. (1997). *Mushrooms of Northeastern North America*ℹ. Syracuse, NY: Syracuse University Press. pp. 453–454. ISBN 978-0-8156-0388-7.
- ^  Weber, Nancy S. (1985). *A field guide to southern mushrooms*ℹ. Alexander H. Smith, Dan Garavich. Ann Arbor: University of Michigan Press. ISBN 0-472-85615-4. OCLC 10207909ℹ.
- ^  Pegler, D. N.; Pearce, G. D. (1980). "The Edible Mushrooms of Zambia"ℹ. *Kew Bulletin*. **35** (3): 475. doi:10.2307/4110017ℹ. JSTOR 4110017ℹ.
- ^ "Termitomycetes: exploring the world's most mysterious mushroom"ℹ. *World Agroforestry | Transforming Lives and Landscapes with Trees*. Retrieved 2022-08-18.
- ^  *T. mesenterium* was first reported in Great Britain after the wet August 2008: "New fungi species unearthed in UK"ℹ. *BBC News*. 9 October 2008. Retrieved 9 October 2008.
- ^  Neimark, Jill (24 August 2015). "Scourge No More: Chefs Invite Corn Fungus To The Plate"ℹ. *NPR.org*. Retrieved 2020-05-18.
- ^  Rubel W, Arora D (2008). "A study of cultural bias in field guide determinations of mushroom edibility using the iconic mushroom, *Amanita muscaria*, as an example"ℹ (PDF). *Economic Botany*. **62** (3): 223–43. doi:10.1007/s12231-008-9144-8. S2CID 10585416ℹ. Archived from the

Storage

Health and nutrition

Vitamin D

Use in traditional medicine

Safety concerns

List of edible mushrooms

Commercially cultivated

Commercially harvested wild fungi

Other edible wild species

Conditionally-edible species

See also

References

External links

*Healing & Culture*. Portland, Oregon: Culinary Arts Ltd. p. 20. ISBN 978-1-884360-01-5.

17. <sup>^</sup> "Coriolus versicolor" *l.* *About Herbs, Botanicals & Other Products*. Memorial Sloan-Kettering Cancer Center. 3 October 2018. Retrieved 24 January 2019.

18. <sup>^</sup> "Lentinan (Shiitake)" *l.* Memorial Sloan Kettering Cancer Center, New York. 2017. Retrieved 11 January 2017.

19. <sup>^</sup> Sullivan, Richard; Smith, John E.; Rowan, Neil J. (2006). "Medicinal Mushrooms and Cancer Therapy: translating a traditional practice into Western medicine". *Perspectives in Biology and Medicine*. **49** (2): 159–70. doi:10.1353/pbm.2006.0034. PMID 16702701. S2CID 29723996.

original (PDF) on 2012-04-15.

38. <sup>^</sup> Arora, David. *Mushrooms Demystified*, 2nd ed. Ten Speed Press, 1986

39. <sup>^</sup> Nordisk Ministerråd (2012). *Mushrooms Traded As Food. Vol II Section 1: Nordic Risk Assessments and Background Lists. For Industry, Trade and Food Inspection. Background Information and Guidance Lists on Mushrooms*. Denmark: Nordic Council of Ministers. p. 50. ISBN 9789289323833.

40. <sup>^</sup> FDA IMPORT ALERT IA2502 Archived 2007-04-09 at the Wayback Machine

**External links**   [ edit ]

- "Mushrooms" (PDF). *The New Student's Reference Work*. 1914.


Wikimedia Commons has media related to **Edible mushrooms**.


Wikibooks Cookbook has a recipe/module on **Mushroom**

<span>V</span> · <span>T</span> · <span>E</span>	<b>Non-timber forest products</b>	<span>[</span> show <span>]</span>
<span>V</span> · <span>T</span> · <span>E</span>	<b>Yunnan cuisine</b>	<span>[</span> show <span>]</span>
<b>Authority control:</b> <b>National</b> <span><span></span></span> · <span><span></span></span> Germany <span><span></span></span> · <span><span></span></span> Israel <span><span></span></span> · <span><span></span></span> United States <span><span></span></span> · <span><span></span></span> Czech Republic <span><span></span></span>		
Categories: <span>Edible fungi</span>   <span>Lists of foods</span>   <span>Meat substitutes</span>   <span>Vegan cuisine</span>   <span>Vegetarian cuisine</span>		

- Vitamin D
- Use in traditional medicine
- Safety concerns
- Commercially cultivated
    - Commercially harvested wild fungi
    - Other edible wild species
    - Conditionally-edible species
- See also
- References**
- External links



## (3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

**Mark Punctuated**  
RECESS MOOD**Translation****Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: **Dietary beverage supplements** for human consumption in dry mix form for therapeutic purposes; dietary supplemental drinks in the nature of vitamin and mineral beverages; herbal **supplements; mineral nutritional supplements; mineral supplements; nutritional supplements; dietary supplements**; powdered fruit-flavored dietary supplement drink mix; powdered nutritional supplement drink mix and concentrate; powdered nutritional supplement drink mix containing magnesium; nutraceuticals for use as a dietary supplement; powdered fruit-flavored dietary supplement drink mix; powdered nutritional supplement drink mix containing calming agents; powdered nutritional supplement drink mix containing ginseng; powdered nutritional supplement drink mix containing adaptogens; powdered nutritional supplement drink mix and concentrate; herbal drinks used to aid in relaxation; **Nutritional supplements** in the form of gummies; ; powdered nutritional supplement drink mix containing schisandra; powdered nutritional supplement drink mix containing holy basil; powdered nutritional supplement drink mix containing rhodiola rosea; powdered nutritional supplement drink mix containing anti-oxidants; powdered nutritional supplement drink mix containing guarana. FIRST USE: 20210500. FIRST USE IN COMMERCE: 20210500
- IC 030. US 046.G & S: **Tea**; iced **tea**; Mixes for making **tea**; Mixes in the nature of concentrates, syrups or powders used in the preparation of **tea** based beverages; Sparkling **tea**. FIRST USE: 20210406. FIRST USE IN COMMERCE: 20210408
- IC 032. US 045 046 048.G & S: Beverages, namely, soft drinks, pop, fruit flavored soft drinks, soft drinks flavored with **tea**, fruit drinks, fruit-flavored drinks; water beverages, namely, flavored, seltzer, aerated, soda, tonic, and drinking water; relaxation drinks in the nature of carbonated soft drinks containing calming agents; energy drinks and sports drinks; isotonic drinks; carbonated non-alcoholic beverages; Non-alcoholic beverages flavored with **tea**; Non-alcoholic water-based beverages. FIRST USE: 20210500. FIRST USE IN COMMERCE: 20210500

**Mark Drawing Code**

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

**Design Code**

260301

**Serial Number**

90825574

**Filing Date**

20210713

**Current Filing Basis****1A****Original Filing Basis**

1A;1B

**Publication for Opposition Date**

20220517

**Registration Number**

7038037

**Date Registered**

20230425

**Owner**

(REGISTRANT) DRINK RECESS INC. CORPORATION DELAWARE 648 Broadway, Suite 200 New York  
NEW YORK 10012

**Priority Date****Disclaimer Statement****Description of Mark**

The color(s) navy blue is/are claimed as a feature of the mark. The mark consists of the word RECESS in navy blue in stylized lettering above the word MOOD within an elongated oval in navy blue.

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Danielle I. Mattessich

(4) STANDARD CHARACTER MARK

Nordaker Naturals

**Mark Punctuated**

NORDAKER NATURALS

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Non-medicated herbal body care products, namely, salves; non-medicated herbal body powders. FIRST USE: 20140400. FIRST USE IN COMMERCE: 20140400
- IC 005. US 005 006 018 044 046 051 052.G & S: **Dietary supplements** made of natural ingredients; medicated herbal body powder; Natural remedy preparations for the treatment of hormonal imbalances; Teething oil made of natural ingredients. FIRST USE: 20140400. FIRST USE IN COMMERCE: 20140400
- IC 030. US 046.G & S: **Herbal tea**. FIRST USE: 20140400. FIRST USE IN COMMERCE: 20140400

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

90738623

**Filing Date**

20210527

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20220524

**Registration Number**

6811933

**Date Registered**

20220809

**Owner**

(REGISTRANT) NORDAKER NATURALS LLC LIMITED LIABILITY COMPANY IOWA 2304 Farwell Rd Des Moines IOWA 503173016

**Priority Date**

**Disclaimer Statement**

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "NATURALS" APART FROM THE MARK

AS SHOWN

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Jennifer Appelman Rackley

(4) STANDARD CHARACTER MARK

Flow Forager

**Mark Punctuated**  
FLOW FORAGER

**Translation**

**Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: Beverages containing dried mushroom powder, tea, herbs, cacao, and spices for use as a nutritional supplement for human consumption; Natural herbal supplements for human consumption; Nutritional supplement, for human consumption, for eliminating toxins from the body; Nutritional supplements for human consumption; Nutritional supplements, for human consumption, in the form of powdered drink mixes; Powdered nutritional supplement concentrate for human consumption; Vitamin supplements for human consumption; Dietary supplements for human consumption; Herbal supplements for human consumption; Powdered nutritional supplement drink mix for human consumption. FIRST USE: 20221207. FIRST USE IN COMMERCE: 20221207
- IC 030. US 046.G & S: Tea; Cacao powder; Dried herbs in powdered form; Mixes for making tea; Mixes for making beverages containing a blend of dried mushrooms, chai, tea, spices, cacao, matcha, green tea; Mixes in the nature of concentrates, syrups or powders used in the preparation of tea based beverages. FIRST USE: 20221207. FIRST USE IN COMMERCE: 20221207
- IC 035. US 100 101 102.G & S: On-line retail store services featuring nutritional supplements, dietary supplements, food and beverages, not including coffee. FIRST USE: 20221207. FIRST USE IN COMMERCE: 20221207

**Mark Drawing Code**  
(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**  
90148804

**Filing Date**  
20200831

**Current Filing Basis**  
1A

**Original Filing Basis**  
1B

**Publication for Opposition Date**  
20220412

**Registration Number**  
6980943

**Date Registered**



20230214

**Owner**

(REGISTRANT) Flow Forager, LLC LIMITED LIABILITY COMPANY CALIFORNIA 7060 Whitewater Street Carlsbad CALIFORNIA 92011

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK. SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Steffan A. Lazerow

(4) STANDARD CHARACTER MARK

ASELIFE ENERGY

**Mark Punctuated**

ASELIFE ENERGY

**Translation**

**Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: dietary and nutritional supplements. FIRST USE: 20220520. FIRST USE IN COMMERCE: 20220520
- IC 029. US 046.G & S: processed nuts. FIRST USE: 20220520. FIRST USE IN COMMERCE: 20220520
- IC 030. US 046.G & S: spices; coffee; tea. FIRST USE: 20220520. FIRST USE IN COMMERCE: 20220520
- IC 031. US 001 046.G & S: raw nuts. FIRST USE: 20220520. FIRST USE IN COMMERCE: 20220520

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

90893282

**Filing Date**

20210820

**Current Filing Basis**

1A

**Original Filing Basis**

1B

**Publication for Opposition Date**

20220802

**Registration Number**

7038170

**Date Registered**

20230425

**Owner**

(REGISTRANT) Kola Nutrition LLC LIMITED LIABILITY COMPANY OKLAHOMA 3101 W. Fairfield Ave. Oklahoma City OKLAHOMA 73116

**Priority Date**

**Disclaimer Statement**

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "ENERGY" APART FROM THE MARK AS

SHOWN

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Andrea Selkregg

(2) DESIGN ONLY



**Mark Punctuated**

**Translation**

**Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: **Dietary supplements**. FIRST USE: 20210325. FIRST USE IN COMMERCE: 20210825
- IC 030. US 046.G & S: **Tea**. FIRST USE: 20210325. FIRST USE IN COMMERCE: 20210825

**Mark Drawing Code**

(2) DESIGN ONLY

**Design Code**

011506 021125 050325

**Serial Number**

97126840

**Filing Date**

20211116

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20221011

**Registration Number**

6934234

**Date Registered**

20221227

**Owner**

(REGISTRANT) SENTIO TEA LLC LIMITED LIABILITY COMPANY NEVADA 2300 Dickerson Road  
Apt# 50 Reno NEVADA 89503

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

Color is not claimed as a feature of the mark. The mark consists of a cloud or brain with a leaf.

**Type of Mark**

TRADEMARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**  
David Lewandowski, Esq.

(4) STANDARD CHARACTER MARK

Ancient Healing Teas

**Mark Punctuated**

ANCIENT HEALING TEAS

**Translation**

**Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: Health food supplements; Herb tea for medicinal purposes; Herb teas for medicinal purposes; Herbal tea for medicinal purposes; Herbs for medicinal purposes; Medicinal herbs; Medicinal herbs in dried or preserved form; Dietary supplements for urinary health; Herbal teas for medicinal purposes; Herbal tinctures for medical purposes. FIRST USE: 20160101. FIRST USE IN COMMERCE: 20160101
- IC 030. US 046.G & S: Herbal teas; Herbal teas, other than for medicinal use; Dried herbs; Dried herbs in powdered form. FIRST USE: 20160101. FIRST USE IN COMMERCE: 20160101
- IC 044. US 100 101.G & S: Holistic health services featuring herbal medicine; Providing a website featuring information concerning alternative health and healing; Providing in-person holistic health care services; Providing information in the fields of health and wellness in the field of Women's health, fibroids, PCOS, fertility, and Endometriosis via a website; Providing information, news and commentary in the field of nutrition, health and wellness; Providing on-line information, news and commentary in the field of health and wellness relating to Women's health; Wellness and health-related consulting services. FIRST USE: 20160101. FIRST USE IN COMMERCE: 20160101

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97198752

**Filing Date**

20211231

**Current Filing Basis**

1A

**Original Filing Basis**

1A

**Publication for Opposition Date**

20221122

**Registration Number**

6972183

**Date Registered**

20230207

**Owner**

(REGISTRANT) Ancient Healing Teas LIMITED LIABILITY COMPANY PENNSYLVANIA 1421 South  
58th Street Philadelphia PENNSYLVANIA 19143

**Priority Date****Disclaimer Statement**

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "HEALING TEAS" APART FROM THE  
MARK AS SHOWN

**Description of Mark****Type of Mark**

TRADEMARK. SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

(4) STANDARD CHARACTER MARK

SENOKOT

**Mark Punctuated**

SENOKOT

**Translation**

**Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: Herbal tea for medicinal purposes; dietary supplements in the form of gummies and teas. FIRST USE: 20200227. FIRST USE IN COMMERCE: 20200227
- IC 030. US 046.G & S: Tea; herbal tea. FIRST USE: 20210419. FIRST USE IN COMMERCE: 20210419

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

90531796

**Filing Date**

20210217

**Current Filing Basis**

1A

**Original Filing Basis**

1B

**Publication for Opposition Date**

20211019

**Registration Number**

6816158

**Date Registered**

20220809

**Owner**

(REGISTRANT) Avrio Health L.P. Purdue Pharma Inc., a New York corporation LIMITED PARTNERSHIP DELAWARE One Stamford Forum 201 Tresser Boulevard Stamford CONNECTICUT 06901

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK



**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**  
Fara S. Sunderji

(4) STANDARD CHARACTER MARK

TEAMI

**Mark Punctuated**

TEAMI

**Translation**

**Goods/Services**

- IC 003. US 001 004 006 050 051 052.G & S: Facial beauty masks; facial scrubs; skin cleansers; eye cream; facial oils; collagen preparations for cosmetic purposes; moisturizing preparations for the skin; facial moisturizers; moisturizing creams; non-medicated skin care preparation, namely, body mist; skin care preparation, namely, body polish; gels for cosmetic purposes; make-up remover; non-medicated skin care preparations. FIRST USE: 20170500. FIRST USE IN COMMERCE: 20170500
- IC 005. US 005 006 018 044 046 051 052.G & S: Probiotic **supplements; prebiotic supplements; nutritional** supplement in the nature of a nutrient-dense, protein-based drink mix; powdered nutritional supplement drink mix containing protein, vitamins, anti-oxidants, electrolyte; **dietary food supplements**. FIRST USE: 20181200. FIRST USE IN COMMERCE: 20181200
- IC 021. US 002 013 023 029 030 033 040 050.G & S: Drinking glasses, namely, tumblers; pitchers; **tea** infuser; cosmetic brushes; bottle cleaning brushes. FIRST USE: 20141000. FIRST USE IN COMMERCE: 20141000
- IC 030. US 046.G & S: Matcha; **tea**. FIRST USE: 20131210. FIRST USE IN COMMERCE: 20131210
- IC 035. US 100 101 102.G & S: Online retail store services relating to **tea, dietary supplements**, cosmetics, **tea** infusers and tumblers. FIRST USE: 20131210. FIRST USE IN COMMERCE: 20131210

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97256263

**Filing Date**

20220207

**Current Filing Basis**

**1A**

**Original Filing Basis**

1A

**Publication for Opposition Date**

20230124

**Registration Number**

7022634

**Date Registered**

20230411

**Owner**

(REGISTRANT) Teami, LLC LIMITED LIABILITY COMPANY FLORIDA 2400 NE 196th St Miami  
FLORIDA 33180 (LAST LISTED OWNER) TEAMI BLENDS, LLC LIMITED LIABILITY COMPANY  
CALIFORNIA 1155 E. NORTH AVENUE FRESNO CALIFORNIA 93725

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK. SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Oliver Platz

(4) STANDARD CHARACTER MARK

FIT.Q

**Mark Punctuated**

FIT.Q

**Translation**

**Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: **Dietary and nutritional supplements**; Vitamins and vitamin preparations. FIRST USE: 20221001. FIRST USE IN COMMERCE: 20221001
- IC 029. US 046.G & S: Edible oil. FIRST USE: 20221001. FIRST USE IN COMMERCE: 20221001
- IC 030. US 046.G & S: Cocoa; Coffee; **Tea**; Food flavourings, other than essential oils. FIRST USE: 20221001. FIRST USE IN COMMERCE: 20221001
- IC 032. US 045 046 048.G & S: Energy drinks; Soft drinks; Vegetable drinks; Beauty beverages, namely, fruit juices and energy drinks containing **nutritional supplements**; Concentrates for use in the preparation of energy drinks. FIRST USE: 20221001. FIRST USE IN COMMERCE: 20221001
- IC 035. US 100 101 102.G & S: Import-export agency services; Retail store services featuring vitamins, **dietary and nutritional supplements**, edible oils, MCT powder, MCT supplements, MCT oils, plant extracts, food flavorings, coffee, **tea**, beverages, energy drinks, vegetable drinks, soft drinks, packaged foods, prepared foods, and other food products. FIRST USE: 20221001. FIRST USE IN COMMERCE: 20221001

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

97164755

**Filing Date**

20211209

**Current Filing Basis**

**1A**

**Original Filing Basis**

1B

**Publication for Opposition Date**

20220621

**Registration Number**

7032530

**Date Registered**

20230418

**Owner**

(REGISTRANT) Chanceway Investment Inc. CORPORATION MASSACHUSETTS 45 Prospect Street  
Cambridge MASSACHUSETTS 02139

**Priority Date**

**Disclaimer Statement**

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "FIT" APART FROM THE MARK AS SHOWN

**Description of Mark**

**Type of Mark**

TRADEMARK. SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Keesonga Gore

(4) STANDARD CHARACTER MARK

BRIGHTERBREW

**Mark Punctuated**  
BRIGHTERBREW

**Translation**

**Goods/Services**

- IC 005. US 005 006 018 044 046 051 052.G & S: **Nutritional supplements** for improved immunity and overall health; **Nutritional supplements** in the form of a loose powder; Powdered nutritional supplement drink mix containing mushrooms, oats, herbs, plant extracts and spices. FIRST USE: 20220111. FIRST USE IN COMMERCE: 20220111
- IC 029. US 046.G & S: Dried shiitake mushrooms; Mushrooms, preserved; Processed mushrooms. FIRST USE: 20220111. FIRST USE IN COMMERCE: 20220111
- IC 030. US 046.G & S: Herbal food beverages; Herbal teas, other than for medicinal use; Mixes for making mushroom-based, plant-based, and **herbal tea**; Mixes in the nature of concentrates, syrups or powders used in the preparation of **tea** based beverages. FIRST USE: 20220111. FIRST USE IN COMMERCE: 20220111

**Mark Drawing Code**  
(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**  
97217400

**Filing Date**  
20220113

**Current Filing Basis**  
**1A**

**Original Filing Basis**  
1A

**Publication for Opposition Date**  
20221129

**Registration Number**  
6978776

**Date Registered**  
20230214

**Owner**  
(REGISTRANT) BetterBrew Holdings, LLC LIMITED LIABILITY COMPANY DELAWARE 15 Carmel Lane Brentwood TENNESSEE 37037

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

TRADEMARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Philip F Weiss

Tea Party Bundle Sale | Save Up to 25% on Select Teas and Tea Accessories  
[Learn More](#)



SHOP ▾ WHO WE ARE ▾ HERBAL EDUCATION ▾ CUSTOMER SERVICE

SEARCH

0 CART \$0.00

LOG IN

HERBS & SPICES HEALTH TEAS ESSENTIAL OILS BATH & BODY AROMATHERAPY CULINARY DELIGHTS INGREDIENTS HOME GOODS

# HERBAL TEAS

Lovingly blended by our artisan experts, these teas offer an array of flavors to support health and wellbeing.







### 21st Century Tea



\$6.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### 5th Chakra Tea



\$14.00 - \$29.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Berry Basil Lemonade Tea



\$13.25 - \$43.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Berry Bramble Tea



\$13.25 - \$34.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Blossoms of Health Tea



\$5.75

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Chamomile Tea



\$6.25 - \$32.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Dawn Chorus Tea



### Dream Tea





\$6.00 - \$27.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



\$7.00 - \$32.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Easy Day Tea



\$6.00 - \$27.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Echinacea & Elder Tea



\$7.75 - \$29.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### essiac Blend Tea



\$30.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Evening Repose Tea



\$6.00 - \$31.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Fairytale Tea



\$7.00 - \$34.00



### Fecundi-Tea



\$5.75 - \$26.00



[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Fidnemed Nighttime Tea



\$8.50 - \$35.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Flashes Tea



\$5.75 - \$26.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Forests Tea



\$12.75 - \$25.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Ginger Peach Tea



\$23.75 - \$49.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Grateful Heart Tea



\$9.75 - \$27.00

[QUICK VIEW](#) [WISH LIST](#)



### Happy Man Tea



\$13.00 - \$28.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) More Details...



### Happy Tummy Tea



\$6.00 - \$29.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) More Details...

SHARE: [f](#) [t](#) [p](#) More Details...



### Herbal Coffee



\$15.50 - \$27.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) More Details...



### Hibiscus High Tea



\$10.25 - \$25.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) More Details...



### Island Moringa



\$8.75 - \$28.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) More Details...



### Lemon Tea



\$9.25 - \$29.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) More Details...



### Love Tea



\$8.75 - \$32.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) More Details...



### Memory Zest Tea



\$6.25

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Mint Tea



\$5.25 - \$26.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Moon Ease Tea



\$8.00 - \$31.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Nurse-Me Rhyme Tea



\$8.50 - \$23.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Peace Tea



\$6.50 - \$30.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Peach Cookie Genmaicha



\$20.00 - \$46.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Persephone's Tea



\$14.25 - \$30.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Pollinator Tea



\$6.75 - \$29.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Quiet Child Tea



\$5.50 - \$32.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Root Beer Tea



\$13.00 - \$33.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Spring Care Tea



\$6.50 - \$27.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### The Blues Tea



\$6.00 - \$26.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Turmeric Ginger Tea



### Vita-Blend Tea





\$11.75 - \$26.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



\$6.00 - \$21.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Winter Spice Tea



\$13.00 - \$26.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Wise Woman Tea

\$5.75 - \$25.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Women's Balancing Tea



\$5.50 - \$26.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)

Our beloved loose-leaf herbal teas have been crafted to perfection for over 20 years using the freshest organic ingredients. From floral infusions and fruity blends to classic chamomile and rooty decoctions, these caffeine-free herbal teas are blended with health and balance in mind. Our organic loose-leaf tea comes in reusable tea tins or in bulk bags. These delicious and nourishing beverages make a lovely compliment to your morning, a revered companion in the

These delicious and nourishing beverages make a lovely complement to your morning, a relaxed companion in the afternoon and they faithfully represent the required relaxation we all deserve in the evening. Unlike conventional tea bags, our loose-leaf herbal tea is made from organic, whole botanicals that are more fresh, fragrant, and tasty. Each tea is expertly formulated by our in-house tea artisans to deliver an unrivaled cup.

Related Resources



DISCOUNTS + FREE RECIPES

ENTER YOUR EMAIL TO SIGN UP\*

SUBMIT



★ Trustpilot 5.9K reviews



CALL US  
800.879.3337  
Monday - Friday 8am to 4pm PST



EMAIL US  
support@mountainroseherbs.com



LIVE CHAT  
Monday - Sunday 8am to 4pm PST

[Contact Us](#) [Job Opportunities](#) [Affiliate Program](#) [Ordering Information](#) [Privacy Policy](#) [FAQ](#) [Donations & Sponsorships](#)

© 2023 Mountain Rose Herbs, Eugene Oregon

YOUR SHOPPING CART



Your cart is empty!

Search



Help





Tea Party Bundle Sale | Save Up to 25% on Select Teas and Tea Accessories  
[Learn More](#)



SHOP ▾ WHO WE ARE ▾ HERBAL EDUCATION ▾ CUSTOMER SERVICE

SEARCH

CART  
\$0.00

LOG IN

HERBS & SPICES HEALTH TEAS ESSENTIAL OILS BATH & BODY AROMATHERAPY CULINARY DELIGHTS INGREDIENTS HOME GOODS

# DRIED ORGANIC MUSHROOMS

The line of dried mushrooms we offer are organically grown and cultivated by some of the world's most renowned growers.

Chaga Mushroom



### Chaga Mushroom



\$29.00 - \$89.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Chaga Mushroom Powder



\$29.25 - \$90.00

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Cordyceps Mushroom Powder



\$20.00 - \$61.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Maitake Mushroom



\$94.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Reishi Mushroom Powder



\$15.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Reishi Mushroom Slices



\$15.25 - \$46.50

QUICK VIEW

WISH LIST

SHARE: [f](#) [t](#) [p](#) More Details...



### Reishi Mushroom Whole



### Shiitake Mushroom





\$14.75 - \$45.00

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



\$22.00 - \$67.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Shiitake Mushroom Powder



\$23.00 - \$70.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)



### Turkey Tail Mushroom

\$26.50

[QUICK VIEW](#) [WISH LIST](#)

SHARE: [f](#) [t](#) [p](#) [More Details...](#)

The entire line of bulk mushrooms offered by Mountain Rose Herbs is certified organically grown. Our dried mushrooms and powders are perfect for culinary creations, wellness blends, and for the home herbalist. They add rich nutrients and flavor to soups, teas, and tinctures and their medicinal qualities have been used in many cultures for centuries. From mushroom supplements such as turkey tail to flavorful shiitake, the benefits of using mushrooms have been well documented. From healthful teas to flavorful culinary recipes, our line of organic mushrooms are guaranteed to be a potent addition to your wellness routine.

Related Resources [+](#)

[DISCOUNTS + FREE RECIPES](#)

ENTER YOUR EMAIL TO SIGN UP\*

[SUBMIT](#)

[f](#) [p](#) [v](#) [i](#) [in](#) [BLOG](#) [d](#)

[Trustpilot](#) 5.9K reviews



CALL US  
800.879.3337  
Monday - Friday 8am to 4pm PST



EMAIL US  
support@mountainroseherbs.com



LIVE CHAT  
Monday - Sunday 8am to 4pm PST

[Contact Us](#) [Job Opportunities](#) [Affiliate Program](#) [Ordering Information](#) [Privacy Policy](#) [FAQ](#) [Donations & Sponsorships](#)

© 2023 Mountain Rose Herbs, Eugene Oregon

YOUR SHOPPING CART



Your cart is empty!



Help



Tea Party Bundle Sale | Save Up to 25% on Select Teas and Tea Accessories  
[Learn More](#)



SHOP ▾ WHO WE ARE ▾ HERBAL EDUCATION ▾ CUSTOMER SERVICE

SEARCH

CART \$0.00

LOG IN

HERBS & SPICES HEALTH TEAS ESSENTIAL OILS BATH & BODY AROMATHERAPY CULINARY DELIGHTS INGREDIENTS HOME GOODS

## HERBS FOR HEALTH



SINGLE HERBAL EXTRACTS



COMBINATION HERBAL EXTRACTS



HERBAL CAPSULES





SYRUPS, ELIXIRS & BITTERS



COMBINATION HERBAL CAPSULES



THROAT SPRAYS & LOZENGES

DISCOUNTS + FREE RECIPES

ENTER YOUR EMAIL TO SIGN UP\*

SUBMIT



Trustpilot 5.9K reviews



CALL US  
800.879.3337  
Monday - Friday 8am to 4pm PST



EMAIL US  
support@mountainroseherbs.com



LIVE CHAT  
Monday - Sunday 8am to 4pm PST

[Contact Us](#) [Job Opportunities](#) [Affiliate Program](#) [Ordering Information](#) [Privacy Policy](#) [FAQ](#) [Donations & Sponsorships](#)

© 2023 Mountain Rose Herbs, Eugene Oregon

YOUR SHOPPING CART



Your cart is empty!

Search



Help



Free shipping on \$25+, or pick up in-store

You're Shopping: Bailey's, VA Auto Delivery Healthy Awards What's Good



gaia tea



Vitamins & Supplements

Protein & Fitness

Digestion & Gut Health

Healthy Weight

Food & Drinks

Herbs & Natural Remedies

Natural Beauty & Skin

Best Sellers

Brands

Health Solutions

Deals



25% Off G Fuel - Shop Now!



### 3 results for "Gaia Tea"

#### Pickup & Delivery Options

- All Products
- Ship to Me
- FREE 2-Hour Pickup  
Bailey's, VA  
[Change store](#)

#### Filter Products

##### Category

- Coffee & Tea
- Other Tea

##### Brand

Search for Brand

- Gaia Herbs

- Tea Bag(s)

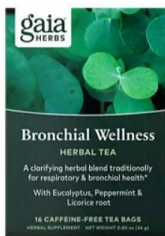
Serving Size

Displaying 1 - 3 of 3

Sort by: Best Match



**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Bronchial Wellness Herbal Tea - Caffeine Free (16 Tea Bags)**

★★★★☆ (1)

**\$6.60** ~~\$7.99~~  
(\$0.41/Serving)

[Add To Cart](#)

**Sale** Auto Delivery Save 10%



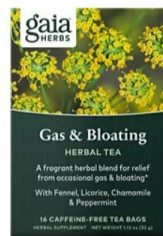
Gaia Herbs  
**Sleep & Relax Herbal Tea - Caffeine Free (16 Tea Bags)**

★★★★★ (1)

**\$6.60** ~~\$7.99~~  
(\$0.41/Serving)

[Add To Cart](#)

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Gas & Bloating Herbal Tea - Caffeine Free (20 Tea Bags)**

★★★★☆ (4)

**\$6.60** ~~\$7.99~~  
(\$0.33/Serving)

[Add To Cart](#)

- Flavor +
- Specialty Diet +
- Allergens +
- Gender +
- More Ways To Shop +
- Rating +
- Number Of Servings +
- Price +
- Price Per Serving +

FREE In-Store Pick Up

FREE In-Store Pick Up

FREE In-Store Pick Up

## Products Related To Your Search



**Bronchial Wellness Herbal Tea - Caffeine Free (16 Tea Bags)**

\$6.60

[Add to Cart](#)



**Sleep & Relax Herbal Tea - Caffeine Free (16 Tea Bags)**

\$6.60

[Add to Cart](#)



**Gas & Bloating Herbal Tea - Caffeine Free (20 Tea Bags)**

\$6.60

[Add to Cart](#)





## Need More Help?

Chat with one of our Health Enthusiasts right now.

[LIVE CHAT](#) ▶

Home » Search Results: "Gala Tea"

### MY ACCOUNT

- [My Account](#)
- [My Auto Delivery](#)
- [Gift Cards](#)
- [Order Tracking & History](#)
- [Quick Reorder](#)
- [Order By Item Number](#)
- [Rewards Center](#)

### SHOP WITH US

- [Store Locator](#)
- [Vitamin Shoppe Brand](#)
- [Quality Promise](#)
- [VShoppe Mobile App](#)
- [Certificate of Analysis](#)
- [About Healthy Awards](#)
- [FREE Nutrition Coaching](#)
- [About Auto Delivery](#)
- [Shipping Rates](#)
- [\\*Promotion Details & Exclusions](#)
- [Returns](#)
- [Help / FAQs](#)

### CORPORATE INFORMATION

- [About The Vitamin Shoppe](#)
- [Careers](#)
- [Press Room](#)
- [Product Recalls](#)
- [New Suppliers](#)
- [Affiliate Program](#)
- [Our Commitment to Communities](#)
- [Wellness Partner Program](#)
- [International Licensing](#)
- [Domestic Franchise Opportunities](#)
- [Contact Us](#)

### POLICIES

- [Accessibility Notice](#)
- [CA Transparency in Supply Chains](#)
- [Privacy Policy \(Updated 10/20/2022\)](#)
- [Terms of Use \(Updated 11/08/2018\)](#)

### STAY CONNECTED

- [Read Our What's Good Blog](#)
- [Learn About Our Wellness Council](#)

Get special offers, exclusive promotions, and health information sent directly to your inbox


Site Map | ©2023 The Vitamin Shoppe®

Statements made on this website have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Information provided by this website or this company is not a substitute for individual medical advice.



Free shipping on \$25+, or pick up in-store

You're Shopping: Bailey's, VA Auto Delivery Healthy Awards What's Good



gaia tea



Vitamins & Supplements

Protein & Fitness

Digestion & Gut Health

Healthy Weight

Food & Drinks

Herbs & Natural Remedies

Natural Beauty & Skin

Best Sellers

Brands

Health Solutions

Deals



15% Off Select Drinks When You Buy Online and Pick Up In-Store. Ends: 06/08 | Code: DRINKS15



### 47 results for "Gaia"

#### Pickup & Delivery Options

- All Products
- Ship to Me
- FREE 2-Hour Pickup  
Bailey's, VA  
Change store

#### Filter Products

##### Category

- Energy & Stress Support
- Immune Support
- Herbs A-E
- Herbs F-N
- Herbs T-Z

See More +

##### Brand

Search for Brand

- Gaia Herbs

Displaying 1 - 47 of 47

Sort by: Best Match

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Turmeric Supreme - Extra Strength (60 Vegetarian Liquid Capsules)**

★★★★★ (8)

**\$30.19** ~~\$32.99~~  
(\$0.50/Serving)

FREE Shipping

Add To Cart

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Turmeric Supreme - Extra Strength (120 Vegetarian Liquid Capsules)**

★★★★☆ (2)

**\$50.89** ~~\$52.99~~  
(\$0.42/Serving)

FREE Shipping

Add To Cart

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Adrenal Health - Value Size (120 Vegetarian Liquid Capsules)**

★★★★☆ (4)

**\$44.39** ~~\$54.99~~  
(\$0.74/Serving)

FREE Shipping

Add To Cart

- Product Form
- Capsules
  - Liquid
  - Vegetarian Capsules
  - Tea Bag(s)
  - Spray
  - [See More +](#)
- Serving Size +
- Strength +
- Flavor +
- Specialty Diet +
- Allergens +
- Gender +
- Life Stage (People) +
- More Ways To Shop +
- Size +
- Rating +
- Number Of Servings +
- Price +
- Price Per Serving +

FREE In-Store Pick Up

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Adrenal Health Nightly Restore - Adapt & Balance (60 Vegan Liquid Capsules)**

★★★★★ (4)

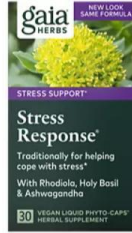
**\$31.96** ~~\$34.99~~  
 (\$1.07/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

Add To Cart

FREE In-Store Pick Up

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Stress Response With Rhodiola, Ashwagandha & Holy Basil (30 Vegetarian Liquid Capsules)**

★★★★★ (4)

**\$16.99** ~~\$19.99~~  
 (\$1.13/Serving)

FREE In-Store Pick Up

Add To Cart

FREE In-Store Pick Up

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Ashwagandha Root (60 Vegetarian Liquid Capsules)**

★★★★☆ (5)

**\$25.15** ~~\$26.99~~  
 (\$0.42/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

Add To Cart

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Vitex Berry**

★★★★★ (4)

**\$21.99** ~~\$24.99~~  
 (\$1.00/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

Add To Cart

Auto Delivery Save 10%



Gaia Herbs  
**Oil of Oregano**

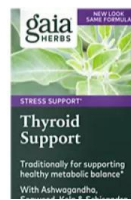
★★★★★ (4)

**\$16.99** ~~\$19.99~~  
 (\$1.13/Serving)

FREE In-Store Pick Up

Add To Cart

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Thyroid Support**

★★★★★ (4)

**\$25.15** ~~\$26.99~~  
 (\$0.42/Serving)

FREE In-Store Pick Up

Add To Cart

**60** VEGAN LIQUID PHYTO-CAPS<sup>SM</sup> HERBAL SUPPLEMENT

Gaia Herbs  
**Vitex Berry - Full Spectrum Potency For Women's Health Support (60 Vegetarian Liquid Capsules)**  
 ★★★★★☆ (12)

**\$17.59** ~~\$21.99~~  
 (\$0.59/Serving)

FREE In-Store Pick Up [Add To Cart](#)

**60** VEGAN LIQUID PHYTO-CAPS<sup>SM</sup> HERBAL SUPPLEMENT

Gaia Herbs  
**Oil Of Oregano (60 Vegetarian Liquid Capsules)**  
 ★★★★★ (5)

**\$28.99**  
 (\$0.97/Serving)

FREE Shipping ⓘ FREE In-Store Pick Up [Add To Cart](#)

**60** VEGAN LIQUID PHYTO-CAPS<sup>SM</sup> HERBAL SUPPLEMENT

Gaia Herbs  
**Thyroid Support For A Healthy Metabolic Balance (60 Vegetarian Liquid Capsules)**  
 ★★★★★ (1)

**\$31.19** ~~\$38.99~~

FREE Shipping ⓘ FREE In-Store Pick Up [Add To Cart](#)

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Bronchial Wellness Herbal Tea - Caffeine Free (16 Tea Bags)**  
 ★★★★★☆ (1)

**\$6.60** ~~\$7.99~~  
 (\$0.41/Serving)

[Add To Cart](#)

**Sale** Auto Delivery Save 10%




Gaia Herbs  
**Olive Leaf (60 Vegetarian Liquid Capsules)**

**\$28.50** ~~\$32.99~~  
 (\$0.48/Serving)

FREE Shipping ⓘ [Add To Cart](#)

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Kava Kava Root Extract - Support A Calm & Relaxed Feeling (1 Fl Oz)**

**\$33.59** ~~\$41.99~~  
 (\$1.12/Serving)

FREE Shipping ⓘ [Add To Cart](#)

FREE In-Store Pick Up

**Sale** Auto Delivery Save 10%



Gala Herbs  
**Calm ASAP - Stress & Anxiety Support (60 Liquid Capsules)**

**\$28.04** ~~\$33.99~~  
(\$1.40/Serving)

FREE Shipping  
FREE In-Store Pick Up

**Add To Cart**

FREE In-Store Pick Up

**Sale** Auto Delivery Save 10%



Gala Herbs  
**Plant Force Liquid Iron - Non-Constipating (8.5 Fluid Ounces)**

★★★★★ (5)

**\$26.39** ~~\$32.99~~  
(\$1.06/Serving)

FREE Shipping  
FREE In-Store Pick Up

**Add To Cart**

FREE In-Store Pick Up

Auto Delivery Save 10%



Gala Herbs  
**Oil Of Oregano - Value Size (120 Vegetarian Liquid Capsules)**

★★★★★ (5)

**\$47.99**  
(\$1.60/Serving)

FREE Shipping  
FREE In-Store Pick Up

**Add To Cart**

**Sale** Auto Delivery Save 10%



Gala Herbs  
**GELATINIZED PERUVIAN Maca Root**

Traditionally for supporting peak performance\*

Auto Delivery Save 10%



Gala Herbs  
**Black Elderberry Syrup**

Traditionally taken for immune health\*

**Sale** Auto Delivery Save 10%



Gala Herbs  
**Gas & Bloating HERBAL TEA**

A fragrant herbal blend for relief from occasional gas & bloating\*

Made with Organic Maca

60 VEGAN CAPSULES  
HERBAL SUPPLEMENT

Gaia Herbs  
**Maca Root - 500 MG (60 Vegetarian Capsules)**

★★★★☆ (10)

**\$21.10** ~~\$24.99~~  
(\$0.35/Serving)

FREE In-Store Pick Up [Add To Cart](#)

the whole family? Our best selling formula

GAIA HERBS

Gaia Herbs  
**Organic Black Elderberry Syrup - Super Concentrated (5.4 Fluid Ounces)**

★★★★★ (12)

**\$33.99**  
(\$1.06/Serving)

FREE Shipping ⓘ FREE In-Store Pick Up [Add To Cart](#)

With Fennel, Licorice, Chamomile & Peppermint

14 CAFFEINE-FREE TEA BAGS  
HERBAL SUPPLEMENT


Gaia Herbs  
**Gas & Bloating Herbal Tea - Caffeine Free (20 Tea Bags)**

★★★★☆ (4)

**\$6.60** ~~\$7.99~~  
(\$0.33/Serving)

FREE In-Store Pick Up [Add To Cart](#)

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Adrenal Health (60 Vegetarian Liquid Capsules)**

★★★★☆ (4)

**\$28.47** ~~\$34.99~~  
(\$0.95/Serving)

Auto Delivery Save 10%



Gaia Herbs  
**Rhodiola Rosea For Stress Support - Value Size (120 Vegetarian Liquid Capsules)**

★★★★★ (2)

**\$48.99**  
(\$0.82/Serving)

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Kava Kava Root - 75 MG Kavalactones (60 Vegetarian Liquid Capsules)**

☆☆☆☆☆ (1)

**\$30.17** ~~\$36.99~~  
(\$1.51/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

**Sale** ▶ Auto Delivery Save 10%



Gaea Herbs  
**Thyroid Support For A Healthy Metabolic Balance (120 Vegetarian Liquid Capsules)**

★★★★☆ (6)

~~\$41.99~~ ~~\$51.99~~  
**\$41.99**

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Auto Delivery Save 10%



Gaea Herbs  
**Bronchial Wellness Herbal Syrup With Honey & Aromatic Essential Oils (5.4 Fluid Ounces)**

★★★★★ (3)

~~\$26.99~~  
**\$26.99**  
(\$1.67/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

**Sale** ▶ Auto Delivery Save 10%



Gaea Herbs  
**Sleep & Relax Herbal Tea - Caffeine Free (16 Tea Bags)**

★★★★★ (1)

~~\$6.60~~ ~~\$7.99~~  
**\$6.60**  
(\$0.41/Serving)

FREE In-Store Pick Up

Add To Cart

**Sale** ▶ Auto Delivery Save 10%



Gaea Herbs  
**Agile Mind**  
Supports healthy brain function & helps maintain healthy recall

Auto Delivery Save 10%



Gaea Herbs  
**Liver Cleanse**  
Traditionally for maintaining healthy liver function\*

**Sale** ▶ Auto Delivery Save 10%



Gaea Herbs  
**Turmeric Supreme**  
PAIN

Made with Turmeric, Bacopa & Ginkgo

60 VEGAN LIQUID PHYTO-CAPS HERBAL SUPPLEMENT

Gaia Herbs  
**Agile Mind - Brain & Cognitive Support - With Turmeric, Bacopa & Ginkgo (60 Vegan Liquid Capsules)**  
 ★★★★★ (1)

\$44.14 ~~\$52.99~~  
 (\$0.74/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

[Add To Cart](#)

Helps With Milk Thistle, Turmeric, Dandelion & Burdock

60 VEGAN LIQUID PHYTO-CAPS HERBAL SUPPLEMENT

Gaia Herbs  
**Liver Cleanse For Healthy Liver Function Support With Milk Thistle (60 Vegan Capsules)**  
 ★★★★★ (2)

\$32.99  
 (\$1.10/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

[Add To Cart](#)

Traditionally for relief of occasional aches & pains when you overdo it\*

60 VEGAN LIQUID PHYTO-CAPS HERBAL SUPPLEMENT


Gaia Herbs  
**Turmeric Supreme Pain (60 Vegetarian Liquid Capsules)**

\$30.43 ~~\$34.99~~  
 (\$1.01/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

[Add To Cart](#)

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Turmeric Supreme Joint (60 Vegetarian Liquid Capsules)**

\$30.19 ~~\$32.99~~  
 (\$1.01/Serving)

**Sale** Auto Delivery Save 10%



Gaia Herbs  
**Fenugreek Seed (60 Vegetarian Liquid Capsules)**  
 ★★★★★☆ (1)

\$26.77 ~~\$32.99~~  
 (\$0.89/Serving)

**Sale** FSA and HSA Eligible ⓘ



Gaia Herbs  
**Lactation Support - Value Size (120 Vegetarian Liquid Capsules)**  
 ★★★★★☆ (4)

\$40.37 ~~\$44.99~~  
 (\$1.01/Serving)



FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Auto Delivery Save 10%



Gaia Herbs  
**Turmeric Supreme Pain - Value Size (120 Vegetarian Liquid Capsules)**

\$51.99  
(\$0.87/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Auto Delivery Save 10%



Gaia Herbs  
**Echinacea Supreme (60 Vegetarian Liquid Capsules)**

★★★★★ (2)

\$31.99

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Auto Delivery Save 10%



Gaia Herbs  
**Hawthorn Supreme - Supports Healthy Cardiovascular Function - 70 MG (60 Vegetarian Capsules)**

★★★★★ (1)

\$32.99  
(\$1.10/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Auto Delivery Save 10%



**Sale** 📌 Ships Free! ⓘ





Gaia Herbs  
**Black Elderberry Syrup (3 Fluid Ounces)**

★★★★★ (3)

\$22.99  
(\$1.28/Serving)

Add To Cart



Gaia Herbs  
**Women's Libido With Horny Goat Weed,  
Damiana & Maca (60 Vegetarian Liquid  
Capsules)**

★★★★☆ (18)

\$28.04 ~~\$33.99~~  
(\$1.40/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart



Gaia Herbs  
**Bacopa Brain & Cognitive Support -  
Concentrated Plant Extract For Brain  
Health (60 Vegan Liquid Capsules)**

\$19.99  
(\$0.33/Serving)

FREE In-Store Pick Up

Add To Cart

Ships Free!



Gaia Herbs  
**Vision Enhancement With Natural  
Antioxidant Support (60 Vegetarian Liquid  
Capsules)**

★★★★★ (1)

\$34.99



Gaia Herbs  
**Children's Attention Daily Herbal Drops -  
Alcohol-Free (1 Fluid Ounce)**

★★★★☆ (4)

\$11.99

Ships Free!



Gaia Herbs  
**Black Elderberry NightTime Syrup (5.4  
Fluid Ounces)**

★★★★★ (4)

\$33.99

(\$0.58/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

(\$0.07/Serving)

FREE In-Store Pick Up

Add To Cart

(\$1.06/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Ships Free!



Gaia Herbs  
Kava Kava Root Herbal Extract - 37.5 MG  
Kavalactones (2 Fluid Ounces)

★★★★☆ (6)

\$27.99  
(\$0.47/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Sale Clearance! ⓘ



Gaia Herbs  
Microbiome Cleanse For Digestive Support  
(60 Liquid Phyto-Caps)

\$9.24 ~~\$36.97~~  
(\$0.15/Serving)

FREE In-Store Pick Up

Add To Cart

Ships Free!



Gaia Herbs  
Quick Defense Immune Support - With  
Echinacea, Elderberry, Ginger &  
Andrographis (40 Vegan Liquid Capsules)

\$34.99  
(\$1.75/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

Ships Free!



Clearance! ⓘ



Ships Free!





Gaia Herbs  
**Plant Force Liquid Iron - Non-Constipating**  
 (16 Fluid Ounces)

★★★★★ (9)

**\$41.99**  
 (\$0.89/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

Add To Cart



Gaia Herbs  
**Turmeric Boost RESTORE**  
 Ayurvedic herbs & Chai spices for whole body support\*  
 (21 Servings)

★★★★★ (3)

**\$24.99**  
 (\$1.19/Serving)

FREE In-Store Pick Up

Add To Cart



Gaia Herbs  
**Black Elderberry With Acerola Fruit -**  
**Immune Support (60 Capsules)**

★★★★★ (1)

**\$26.99**  
 (\$0.90/Serving)

FREE Shipping ⓘ  
 FREE In-Store Pick Up

Add To Cart



Gaia Herbs  
**Echinacea Goldenseal Propolis Throat**  
**Spray - Herbal Extract (1 Fluid Ounce)**

★★★★★ (6)

**Ships Free!**



Gaia Herbs  
**Turmeric Supreme - Curcumin Synergy -**  
**Joint (120 Vegan Liquid Phyto-Caps)**

\$14.99  
(\$0.68/Serving)

FREE In-Store Pick Up

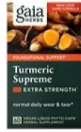
Add To Cart

\$48.99  
(\$0.82/Serving)

FREE Shipping ⓘ  
FREE In-Store Pick Up

Add To Cart

## Products Related To Your Search



Turmeric Supreme - Extra  
Strength (60 Vegetarian...

\$30.19

Add to Cart



Turmeric Supreme - Extra  
Strength (120 Vegetarian...

\$50.89

Add to Cart



Adrenal Health - Value Size  
(120 Vegetarian Liquid...

\$44.39

Add to Cart



Adrenal Health Nightly Restore  
- Adapt & Balance (60 Vegan...

\$31.96

Add to Cart



### Need More Help?

Chat with one of our Health Enthusiasts right now.

[LIVE CHAT](#) ▶

#### MY ACCOUNT

[My Account](#)  
[My Auto Delivery](#)  
[Gift Cards](#)  
[Order Tracking & History](#)  
[Quick Reorder](#)  
[Order By Item Number](#)  
[Rewards Center](#)

#### SHOP WITH US

[Store Locator](#)  
[Vitamin Shoppe Brand](#)  
[Quality Promise](#)  
[VShoppe Mobile App](#)  
[Certificate of Analysis](#)  
[About Healthy Awards](#)  
[FREE Nutrition Coaching](#)  
[About Auto Delivery](#)  
[Shipping Rates](#)  
[\\*Promotion Details & Exclusions](#)  
[Returns](#)  
[Help / FAQs](#)

#### CORPORATE INFORMATION

[About The Vitamin Shoppe](#)  
[Careers](#)  
[Press Room](#)  
[Product Recalls](#)  
[New Suppliers](#)  
[Affiliate Program](#)  
[Our Commitment to Communities](#)  
[Wellness Partner Program](#)  
[International Licensing](#)  
[Domestic Franchise Opportunities](#)  
[Contact Us](#)

#### POLICIES

[Accessibility Notice](#)  
[CA Transparency In Supply Chains](#)  
[Privacy Policy \(Updated 10/20/2022\)](#)  
[Terms of Use \(Updated 11/08/2018\)](#)

#### STAY CONNECTED

[Read Our What's Good Blog](#)  
[Learn About Our Wellness Council](#)

Get special offers, exclusive promotions, and health information sent directly to your inbox



Site Map | ©2023 The Vitamin Shoppe®

Statements made on this website have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Information provided by this website or this company is not a substitute for individual medical advice.





Enter Search Terms Here:

SEARCH



HERBAL TEA ▾ TURMERIC CURCUMIN ▾ GREEN SUPERFOODS

Home > All Products

12 PRODUCTS

## All Products

Sort by:

Best Selling



**Detox Teas**



**Energy Tea - Mixed Berry**



**Turmeric Curcumin**



\$ 19.99



**Superfoods**



\$ 39.00



\$ 19.99



**3-Day Detox Tea - Sample Pack**



\$ 3.99



\$ 30.00



**Turmeric Curcumin - Original - 12ct Sample Pack**



\$ 8.95



Fast Absorption



High Potency



Bioperine Free



Detox Tea - KCUP



\$ 19.99



Turmeric Curcumin - Advanced 2X



\$ 40.00



Stainless Steel Tumbler - 17oz



~~\$ 22.99~~

\$ 9.97



Total Squeeze Bag Squeezer



~~\$ 6.95~~

\$ 3.95



Energy Tea - 3ct Sample Pack



\$ 3.99



Turmeric Curcumin - 2x Advanced - 6ct Sample Pack

\$ 8.95



Fast Absorption



High Potency



Bioperine Free

## Sipping Tea for Health and Comfort

The delightful pleasure of enjoying a cup of tea is well-known to aficionados as well as novices, and its therapeutic values make it even better. Aside from the benefits of helping your refresh mind and body to cope with the stresses of everyday life, natural **herbal teas** are good for you. More than 1,200 doctors and health professionals make our green and red energy teas and colon cleansing tea available, reflecting the confidence that they place in our all natural products and their contributions to good health.

## Enjoying the Benefits of Herbal Tea

Our **herbal colon cleansing tea** offers a gentle and savory approach to detox that doctors recommend for weight loss and colon cleanse support. Gluten-free and kosher certified, our colon cleansing tea contains no preservatives, flavors or colors. We are proud of our 10-year reputation for customer satisfaction, and we honor it with every order of colon cleansing tea that we fill.

A wonderful benefit of our **herbal energy tea** is that it serves as an appetite suppressant that can help you lose weight. Containing caffeine and more ORAC antioxidant values than commercial green tea, it gives you an energy boost and helps you focus.

## Appreciating the Qualities of Green Energy Tea

The unique process that we use to blend our herbs assures you of a superb quality drink that helps you guard against mental fatigue as it promotes energy. In the challenges and stresses that you face every day, it is helpful to have a reliable resource that is consistently dependable. Doctors recommend our green energy tea as an appetite suppressant to help you resist high-calorie temptations that increase your weight.

Studies show that energy herbs contribute to reducing symptoms of insomnia, headaches, mental and physical fatigue, obesity and Type 2 diabetes. Containing ginseng that soothes your nervous system and yerba mate that assists blood flow, our green energy tea can give you the boost that helps you get through a busy and challenging day.

## Choosing an Attractive, Leak Proof Thermos

Enjoying a tasty and healthy beverage often depends on making it maintain the temperature that you prefer. Drinking a cup of hot coffee or tea in an attractive, leak proof thermos starts your day on an optimistic note and sets the tone for the rest of the day. Our leak proof thermos tumblers keep your herbal body cleanse tea hot or cold just the way you like for hours. They are appropriate for men and women in the office, on the golf course, in meetings or hanging out at home. The double insulation of these thermos travel tumblers prevent burns on your hands, and they can turn over without spilling a drop.

**About Us**

[About Us](#)

**Products**

BEST SELLERS



DETOX TEA



ENERGY TEA



TURMERIC CURCUMIN



SUPERFOODS

- Blog
- FAQ
- Sitemap
- Store Locator
- Wholesale
- My Account

- Detox Tea
- Energy Tea
- Superfoods
- K-Cups Detox
- Turmeric Curcumin
- Turmeric Curcumin 2x



Back to the top

Copyright © 2023 Total Tea. All Rights Reserved.



Reviews



Need Help?



-10% off your order! Voucher code: **DEALS4YOU-23** Activate this code

Free Gifts Daily Deals Vouchers & Gift Ideas

Free delivery in United States from \$194.54 • Get at least 1 free sample per order

Help



Product or item no.



Sign in Basket \$0.00

Brands Face Make-Up Body Hair Men Baby & Kids Categories Sun Protection Offers

Home > Brands > Pukka



### Pukka Herbs

Pukka Herbs organic teas from the UK

**PUKKA** was established in 2001 in England. It stands for high-quality products in organic quality and a life of happiness and content. The herbal creations are carefully and expertly composed to best interlink the consumer with the power and beauty of nature. **PUKKA** shares knowledge and invests in a healthier planet all the while setting a good example.

#### Categories:

Brands

- Pukka**
- Nutritional Supplements (6)
- Teas & Hot Drinks (42)

#### Price

\$0.00 - \$40.00



#### Customer Review

- ★★★★☆ 4 & more (42)
- ★★★☆☆ 3 & more (45)



Pukka: 49 products

Sort by Relevance



★★★★☆ 2 & more (45)

★★★★☆ 1 & more (45)



★★★★☆ 4.5 (19)

**Pukka**  
Feel New Organic Herbal Tea, 20 Pcs

- Herbal blend
- Easily digestible
- Fine aniseed notes



★★★★☆ 4.5 (11)

**Pukka**  
Night Time Organic Herbal Tea, 20 Pcs

- Lavender aroma
- Evening tea
- Caffeine-free



★★★★☆ 5.0 (28)

**Pukka**  
Organic Selection Box Christmas, 1 set

- 45 teas
- 9 selected varieties
- For increased well-being



★★★★☆ 5.0 (2)

**Pukka**  
Organic The Calm Collection, 1 set

- 30 x tea bags
- 5 different flavours
- Boosts relaxation



★★★★☆ 5.0 (6)

**Pukka**  
Matcha Green Organic Tea, 20 Pcs

- Invigorating properties
- For renewed energy
- Perfect morning brew



★★★★☆ 4.6 (11)

**Pukka**  
Cacao Chai Organic Spiced Tea, 20 Pcs

- Warms & strengthens
- Delicately sweet notes
- Exotic flavour



★★★★★ 4.9 (13)

**Pukka**  
BIO Green Collection, 20 Pcs

- 4 blends of 5 bags each
- Whole leaf & matcha teas
- Ideal also for tasting



★★★★★ 4.8 (8)

**Pukka**  
After Dinner Tea, 20 Pcs

- Herbal blend
- Tart aroma
- Ideal after the meal



★★★★☆ 4.0 (12)

**Pukka**  
Elderberry & Echinacea Organic Fruit Tea, 20 Pcs

- Warms & rejuvenates
- Fruity aroma
- Caffeine-free



★★★★☆ 3.7 (13)

**Pukka**  
Love Organic Herbal Tea, 20 Pcs

- Herbal blend
- Pleasant flavour



★★★★☆ 4.2 (11)

**Pukka**  
Night Time Berry Organic Fruit Tea, 20 Pcs

- Ideal for evenings



★★★★☆ 3.5 (2)

**Pukka**  
Organic Menopause Nutritional Supplements, 60 Capsules

- For women ages 45+

- Caffeine-free

- Warms the body from within
- Soothes the body & the mind

- With shatavari & ashwagandha
- Ayurvedic formula



★★★★★ 4.8 (6)

**Pukka**  
Peppermint & Licorice Organic Herbal Tea, 20 Pcs

- Herbal tea blend
- Sweet flavour
- Caffeine-free



★★★★★ 4.7 (6)

**Pukka**  
Elegant Earl Grey Tea, 20 Pcs

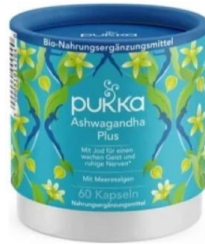
- Invigorating effect
- Pleasant aromas
- Whole leaves



★★★★★ 4.6 (19)

**Pukka**  
Chamomile, Vanilla & Manuka Honey Organic Herbal Tea, 20 Pcs

- Herbal tea blend
- Deliciously sweet notes
- Caffeine-free



★★★★☆ 3.0 (1)

**Pukka**



★★★★★ 4.8 (6)

**Pukka**



★★★★★ 4.6 (19)

**Pukka**



Organic Wholistic Ashwagandha  
Nutritional Supplements, 60 Capsules

- Powerful, concentrated extract
- Vegan formula
- Naturally occurring iodine

Organic Tulsi Clarity Tea, 20 Pcs

- Aromatic tea blend
- Refreshes & clarifies
- Caffeine-free

Three Liquorice Organic Herbal Tea, 20  
Pcs

- Full-bodied flavour
- Rich aromas
- Caffeine-free



★★★★☆ 4.3 (12)

**Pukka**  
Lemon, Ginger & Manuka Honey  
Organic Herbal Tea, 20 Pcs

- Spicy-sweet taste
- Warms & calms
- Enjoy at any time of the day



**Pukka**  
Organic Triphala Plus Nutritional  
Supplement, 60 Capsules

- Made from 3 fruits
- Ayurvedic formula
- Vegan



★★★★☆ 4.7 (10)

**Pukka**  
Peace Organic Herbal Tea, 20 Pcs

- Herbal blend
- Pleasant flavour
- Caffeine-free infusion



★★★★☆ 4.2 (13)

**Pukka**  
Charming Cassis Organic Fruit Tea, 20 Pcs

- Delectable flavour
- Deep-red colour
- Caffeine-free

★★★★★ 5.0 (1)

**Pukka**  
Organic Wellness Tea Set, 1 set

- 6 x Tea blends with 7 sachets each
- In a beautiful bamboo box
- Perfect as a gift

★★★★☆ 4.6 (7)

**Pukka**  
Organic Joy Herbal Tea, 20 Pcs

- For positive energy
- Caffeine-free
- Wonderful tea blend



All prices excl. VAT.

**Magazine Articles:**

- › Let's talk eyeliner!
- › Summer, Sunshine & Sunburns
- › Sustainable Development - Our Stance
- › Natural Cosmetics for Combination Skin
- › Perfect Makeup with Glasses

**Discover Ecco Verde:**

- › Zuii ORGANIC
- › NOELIE Ultimate Body Firming Complex
- › ANARKHIA KAT Styling Gel
- › Pure=Beauty Marula Oil
- › Studio78 Paris We Evade Bronzing Powder

**New Products:**

- › Lavender Active Gel Cream
- › Dual Fiber Makeup Removing & Skincare Mitt
- › TOOT! Makeup Bag
- › PURE SKIN FOOD Organic Deluxe Face Massage Set
- › Suntribe Mineral Sunscreen SPF 50



**Free delivery in United States**  
from \$194.54



**Get at least 1 free sample**  
per order



Delivery in 3 business days.



More than 21.100 products

We strive to achieve zero carbon emissions



We strive to achieve zero carbon emissions

We avoid CO2 emissions wherever we can! Our remaining carbon footprint is compensated through eco-social projects.

[Learn more](#)

Need any help with your order? We're happy to answer any questions you have.

[global@ecco-verde.com](mailto:global@ecco-verde.com)

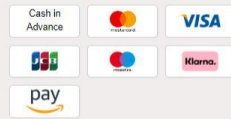
#### Safe and secure shopping

- **Free delivery in United States** from \$194.54
- **Get at least 1 free sample** per order
- **Secure payments** with SSL encryption technology

#### Help & Customer Care

- [New Customers](#)
- [How to use My Account](#)
- [Placing an Order](#)
- [Payment Methods](#)
- [Delivery & Dispatch](#)
- [Problems with your Order](#)
- [Products](#)
- [Returns](#)
- [Promotions & Discounts](#)
- [Need More Help?](#)

#### Payment Methods



#### Delivery costs: United States

from \$194.54 **free**  
 from \$0.00 \$32.42



#### Receive offers & discounts via e-mail:

Subscribe to our newsletter to receive our latest offers and current news.

By clicking on the subscribe button, you agree that your information can be processed within the scope of our [Privacy Policy](#).

#### Follow us on



#### Change country / language

#### Interesting Facts

- [beauty Blog](#)
- [Ingredients](#)
- [Natural Cosmetics Certificates & Labels](#)
- [The Environment and Us](#)
- [Current Special Offers](#)

#### About Ecco Verde

- [About Us](#)
- [Our Group](#)
- [Contact](#)
- [Job Vacancies](#)





[Shop](#) [Locations](#) [About Us](#) [Contact](#) [Q](#)



### Holistic Blends

#### SHOP BY CATEGORY

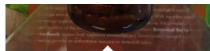
- [Herbs](#)
- [Teas](#)
- [Spices](#)
- [Single Herbs](#)
- [Holistic Blends](#)
- [Essential Oils](#)
- [Clays, Flowers, Waxes & Salts](#)



Sort by Default

Display 20 Products per page





Blood Sugar Harmony Capsules  
~~\$17.29~~ • **\$13.83**

[Add to cart](#) [Show Details](#)



CongestEeze Liquid Veggie Capsules  
~~\$28.09~~ • **\$22.47**

[Add to cart](#) [Show Details](#)



Echinacea Goldenseal Capsules  
~~\$22.09~~ • **\$17.67**

[Add to cart](#) [Show Details](#)



Hair Skin Nails Capsules  
~~\$21.09~~ • **\$16.87**

[Add to cart](#) [Show Details](#)



Immuno Well Rx Capsules  
~~\$18.69~~ • **\$14.95**

[Add to cart](#) [Show Details](#)



InfaCalm Capsules  
~~\$28.29~~ • **\$18.63**

[Add to cart](#) [Show Details](#)



Kava Gold Capsules  
~~\$28.29~~ • **\$18.63**

[Add to cart](#) [Show Details](#)



Liver Detox Capsules  
~~\$18.69~~ • **\$14.95**

[Add to cart](#) [Show Details](#)



Liver Detox with Milk Thistle Liquid Capsules  
~~\$29.29~~ • **\$23.43**

[Add to cart](#) [Show Details](#)



Mushroom Immune Capsules  
~~\$36.09~~ • **\$28.87**

[Add to cart](#) [Show Details](#)



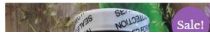
Sleep with Valerian & Melatonin Capsules  
~~\$19.69~~ • **\$15.75**

[Add to cart](#) [Show Details](#)



Stamina Capsules  
~~\$19.09~~ • **\$15.27**

[Add to cart](#) [Show Details](#)





Thyroid Capsules  
~~\$18.69~~ • **\$14.95**

[Add to cart](#) [Show Details](#)



Turmeric Heart Complete  
Capsules  
~~\$36.09~~ • **\$28.87**

[Add to cart](#) [Show Details](#)



Turmeric Plus Joint Health  
**\$22.09**

[Add to cart](#) [Show Details](#)



Vitality Life Irish Sea Moss  
Org 16oz  
**\$25.99**

[Add to cart](#) [Show Details](#)



Vitality Life Irish Sea Moss

Vitality Life Irish Sea Moss  
Strawberry 16oz  
**\$25.99**

[Add to cart](#) [Show Details](#)

House of Health  
Winston Salem, NC



5952 University Pkwy  
Suite C  
Winston-Salem, NC 27105  
336-377-3202

**Hours**

M-F: 10 AM – 6:30 PM  
SAT: CLOSED  
SUN: 12 PM – 5 PM

House of Health Cana,  
VA



16096 Fancy Gap Hwy.  
Cana, VA 24187  
276-755-2141

**Hours**

M-F: 10 AM – 6 PM  
SAT: CLOSED  
SUN: 12 PM – 5 PM

Please understand that in answering questions, we do not diagnose or prescribe.  
We offer information only to help you to cooperate with your physician in the mutual pursuit of optimal health.  
In the event you use this information without a physician's consent, you are prescribing for yourself, which is your right. However, we assume no responsibility.

© 2023 – Local House of Health





## Teas

### SHOP BY CATEGORY

- [Herbs](#)
- [Teas](#)
- [Spices](#)
- [Single Herbs](#)
- [Holistic Blends](#)
- [Essential Oils](#)
- [Clays, Flowers, Waxes & Salts](#)



Sort by Default  Display 20 Products per page 





Black Tea (Indian), Organic, Decaf  
\$2.70 - \$48.00

Select options



Chai Tea, Organic  
\$2.00 - \$32.00

Select options



Chicory Root, Cut  
\$1.15 - \$18.20

Select options



Earl Grey Tea, Organic  
\$2.10 - \$33.10

Select options



Ginger - Turmeric Tea  
\$1.90 - \$30.00

Select options



Green Tea Chunmee, Organic  
\$1.70 - \$26.60

Select options



Green Tea Decaf Sencha, Organic  
\$4.35 - \$68.90

Select options



Green Tea Gunpowder, Organic  
\$1.80 - \$28.50

Select options



Green Tea Sencha, Organic  
\$2.55 - \$40.00

Select options



Lemon Balm Leaf Tea, Organic  
\$2.15 - \$34.40

Select options



Natural Sleep Tea, Organic, House  
\$2.85

Select options



Peppermint Leaf Tea, Organic, Cut  
\$2.10 - \$32.50

Select options





Rooibos Leaf Tea, Organic  
\$1.90 – \$30.00

Select options



Se Chung Special Oolong Tea, Organic  
\$2.75 – \$43.40

Select options



Shu Mee White Tea  
\$3.40 – \$53.20

Select options



Spearmint Leaf Tea, Organic  
\$1.40 – \$22.40

Select options



Yerba Mate Tea, Organic

Yerba Mate Tea, Organic  
\$1.95 – \$30.60

Select options

House of Health  
Winston Salem, NC



5952 University Pkwy  
Suite C  
Winston-Salem, NC 27105  
336-377-3202

**Hours**

M-F: 10 AM – 6:30 PM  
SAT: CLOSED  
SUN: 12 PM – 5 PM

House of Health Cana,  
VA



16096 Fancy Gap Hwy.  
Cana, VA 24187  
276-755-2141

**Hours**

M-F: 10 AM – 6 PM  
SAT: CLOSED  
SUN: 12 PM – 5 PM

Please understand that in answering questions, we do not diagnose or prescribe.  
We offer information only to help you to cooperate with your physician in the mutual pursuit of optimal health.  
In the event you use this information without a physician's consent, you are prescribing for yourself, which is your right. However, we assume no responsibility.

© 2023 – Local House of Health



[Shop](#) [Locations](#) [About Us](#) [Contact](#) [🔍](#)



We are passionate about our customers' health, focusing on the improvement of well-being through food, lifestyle changes, and nutritional supplements.



## CRANBERRY + D-MANNOSE

~~\$21.00~~ \$16.80

Supports Healthy Urinary Tract

[Add To Cart](#)

*Combines D-Mannose with Cranberry Fruit Extract  
37:1*

*Contains: 60 Veggie Caps*



Ashwagandha is in a group of botanical plants called "adaptogens."  
These plants help the body deal with stress in a more balanced way.

Add To Cart

## BEST SELLERS



ELDERBERRY PLUS CAPSULES  
~~\$19.69~~ • \$15.75

Add to cart

Show Details



LIQUID VITAMIN C  
~~\$11.89~~ • \$9.51

Add to cart

Show Details



### Join Our Newsletter Today

to get \$10 off your first order!

\* indicates required fields

First Name  Last Name

Email

### From Our Blog







Discovering the Mystery of Angelica Root



What Does Alfalfa Do for Me?



15 Health Benefits of the Mediterranean Diet, According to Science (+ How to Get Started / Diet Plan) from Jen Reviews

House of Health  
Winston Salem, NC



5952 University Pkwy  
Suite C  
Winston-Salem, NC 27105  
336-377-3202

**Hours**

M-F: 10 AM – 6:30 PM  
SAT: CLOSED  
SUN: 12 PM – 5 PM

House of Health Cana,  
VA



16096 Fancy Gap Hwy.  
Cana, VA 24187  
276-755-2141

**Hours**

M-F: 10 AM – 6 PM  
SAT: CLOSED  
SUN: 12 PM – 5 PM

Please understand that in answering questions, we do not diagnose or prescribe.  
We offer information only to help you to cooperate with your physician in the mutual pursuit of optimal health.  
In the event you use this information without a physician's consent, you are prescribing for yourself, which is your right. However, we assume no responsibility.

© 2023 – Local House of Health



[Dietary Supplements](#) [FAQs](#) [About Us](#) [Contact us](#) [Blog](#)

## All Products



Magnesium Bisglycinate Powder

Rs. ~~1,249.00~~ From Rs. 998.00



Enhanced B-Complex

Rs. ~~2,499.00~~ From Rs. 1,249.00



Probiotics with Prebiotics

Rs. ~~1,999.00~~ Rs. 998.00





Sale

Krill Oil - Omega 3 Complex with Phospholipids & Astaxanthin

Rs. ~~3,999.00~~ From Rs. 2,199.00



Sale

Zinc Defense with Copper

Rs. ~~2,499.00~~ Rs. 1,099.00



Sale

Co-Q10 with L-Carnitine

Rs. ~~1,999.00~~ From Rs. 998.00



Sale

Liquid Vitamin D3+K2 Drops in MCT Oil

Rs. ~~2,998.00~~ Rs. 1,999.00



Sale

Detox Tea Blend

Rs. ~~999.00~~ Rs. 899.00



Sale

Detox Combo

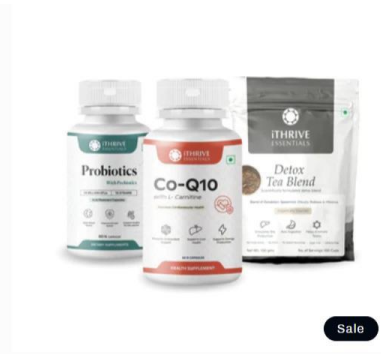
Rs. ~~2,998.00~~ Rs. 1,897.00



Sale

Mag + Liquid D3 & K2 + Zinc Combo

Rs. ~~7,999.00~~ Rs. 4,499.00



Sale

Co-Q10 with L-Carnitine + Probiotics + Detox Tea Combo

Rs. ~~4,234.75~~ Rs. 1,948.31

### Quick links

- [Shipping Policy](#)
- [Refund Policy](#)
- [Terms and Conditions](#)
- [Book a Health Consultation](#)
- [Visit iThrive Academy](#)
- [Visit our Blog](#)
- [Privacy Policy](#)

### Signup for exclusive offers

 →


Chat with us

1

Did you find what you were looking for?



Please note single box teas are temporarily unavailable, but 6-pack variants remain available for purchase. We apologize for the inconvenience. Free Shipping \$50+



SHOP ▾

ABOUT OUR PRODUCTS ▾

BLOG



# Good for the Planet, Good for you



Shop Sustainably

plastic-free  
tea bags



recyclable  
glass jars



## SHOP BY CATEGORY





TEAS & INFUSIONS



SUPPLEMENTS



FIBER



ALL PRODUCTS



## The World's First Fairtrade Certified Supplements



SHOP BEST SELLERS





### Featured In

**MensHealth**

One of "The 5 best fiber supplements you should be taking."

 **TODAY**

"Holy basil or Tulsi tea has been used by Ayurvedic practitioners for centuries to help keep the immune system strong."

**Forbes**

"Tulsi Sweet Rose Tea by ORGANIC INDIA is a delicious combination of relaxing herbs."





## ORGANIC INDIA IS COMMITTED TO:



### ABSOLUTE QUALITY

Made from whole herbs to extract the greatest synergistic benefits



### HEALTHY CONSCIOUS LIVING

Formulated for True Wellness to support body, mind, & spirit



### SERVICE TO ALL

ORGANIC INDIA is a Fair Trade partner with over 2,232 farmers in 121 villages



### TOTAL INTEGRITY

We hold ourselves to the highest standards of social and environmental

LEARN MORE

SHOP NOW



## Explore Our Herbs

ORGANIC INDIA products are made from a carefully curated selection of herbs cultivated by our organic farmer partners in India. All ORGANIC INDIA herbs are grown using traditional methods and regenerative, organic practices to maximize efficacy. Learn about each herb's characteristics and the associated traditional Ayurvedic lore by exploring our herb pages.





TULSI - HOLY BASIL



ASHWAGANDHA



TURMERIC



SHATAVARI

[VIEW ALL HERBS](#)



## Healthy Conscious Living

Healthy Conscious Living includes conscious business practices to ensure our impact on our world and communities is a positive one. At the foundation of ORGANIC INDIA's products, company, and sourcing is regenerative agriculture that not only sustains but replenishes the earth; fair trade practices that support and honor farmer partners with equitable wages, health care, and ongoing organic agricultural training; and a LEED Platinum certified production facility that is a marvel of top-tier sustainable design, construction, and operations. This all culminates in the creation of Organic, Non-GMO herbal teas and supplements that support the health of the population, the vibrancy of the planet, and the livelihood of communities in India.

[READ MORE](#)



[WATCH VIDEO](#)



Practices for Relaxation and Sleep



**Herbal Tea**

A soothing herbal tea can be an amazing way to invite more tranquility into your life. Particular herbs can improve your mood and benefit your sleep.



**Aromatherapy**

Putting an essential oil in a diffuser is a really nice way to wind down. Lavender has deeply calming and relaxing properties.



**Digital Detox**

Turning off your electronics at least 1 hour before you sleep can calm your nervous system and boost natural melatonin production.



**Meditation**

Regular meditation practice can provide the greatest relief from anxiety and stress. Having a regular meditation practice can greatly improve your sleep.



**Sleep Schedule**

Going to bed and waking up at the same time each day can improve the quality of your sleep. Sticking to a sleep schedule keeps you feeling rested and energized.



@CONNECT ON INSTAGRAM



Healthy Conscious Living delivered straight to your inbox.

**SAVE 15% WHEN YOU SIGN-UP!**

Your email address



We're so excited to have you as part of our community.



[ABOUT OUR PRODUCTS](#)

[REGENERATIVE AGRICULTURE](#)

[MEET THE FARMERS](#)

[BLOG](#)

[PRESS](#)

[FAQS](#)

[STORE LOCATOR](#)

[WHOLESALE](#)

[CONTACT](#)

[SHOP NOW](#)



[@ORGANICINDIAUSA](#)

Customer Service hours are Monday to Friday, 9:00 AM to 5:00 PM MST.

©2023 ORGANIC INDIA | [Privacy Policy](#) | [Terms & Conditions](#) | [Limited Warranty](#)

DISCLAIMER: The products and any claims made about specific products on or through this site have not been evaluated by the United States Food and Drug Administration and are not approved or intended to diagnose, treat, cure or prevent disease. This site is not intended to provide diagnosis, treatment or medical advice. Content provided on this site for informational purposes only.



# WELCOME TO ULLMAN'S HEALTH & BEAUTY

BRANDS ▾ SKIN CARE ▾ SUPPLEMENTS ▾ TEA ▾ WELLNESS & GIFTS ▾

HOME / BRANDS / BIO NUTRITION

## BIO NUTRITION

SORT BY: A TO Z ▾



Biotin 10,000 mcg 60ct.  
BIO Nutrition  
\$13.95

Lymph Support Tea, 30 Bags  
BIO Nutrition  
\$15.95

Moringa Leaf Powder 300grams  
**Organic**  
BIO Nutrition  
\$23.90

THE WOHLFUHL PEOPLE  
BLOG  
CONTACT ULLMAN'S VITAMIN, TEA,  
SKINCARE & WELLNESS STORE  
PRIVACY POLICY  
SHIPPING & RETURNS  
LEGAL DISCLAIMER  
FACEBOOK  
INSTAGRAM  
YOUTUBE



SUBSCRIBE TO OUR EMAIL

YOUR EMAIL ADDRESS

SUBSCRIBE



ULLMAN'S HEALTH AND BEAUTY 2816 COOLIDGE HWY BERKLEY, MI 48072  
PROUDLY SERVING: BERKLEY, ROYAL OAK, FERNDALE, BIRMINGHAM, CLAWSON, BEVERLY HILLS AND THE SURROUNDING METRO DETROIT COMMUNITIES.  
EMAIL: [SUPPORT@SHOPULLMANS.COM](mailto:SUPPORT@SHOPULLMANS.COM)  
CALL US AT (248) 639-9404

© 2023 ULLMAN'S HEALTH AND BEAUTY

## Food

17 Products

Best Selling ▾

Brand ▾ Price ▾ Category ▾



**Pink Oyster Mushroom Spray & Grow Kit By North Spore**  
NORTH SPORE  
\$30.00



**Hawaiian Teriyaki Mushroom Jerky By Moku Foods**  
MOKU FOODS  
\$20.49



**Original Moku Mushroom Jerky By Moku Foods**  
MOKU FOODS  
\$20.49



Mane Bar - Vegan Chocolate (5 Pack) By Fungirl  
FUNGIRL  
\$40.00



3 Pack - Masala Chai With Chaga Six Servings  
THE CHAGA COMPANY  
\$30.00



3 Pack Chaga Hot Chocolate By The Chaga Company  
THE CHAGA COMPANY  
\$30.00







**4 Pack Chaga Coffee Espresso ColdBrew Shot  
By The Chaga Company**  
THE CHAGA COMPANY  
\$32.00

**Test Tube - 3 Test Tubes By The Chaga Company**  
THE CHAGA COMPANY  
\$20.00

**The Chaga Company - Chaga Sea Salt By The  
Chaga Company**  
THE CHAGA COMPANY  
\$20.00



**3 Pack - Sage Mint Tea With Chaga Six Servings**  
THE CHAGA COMPANY  
\$30.00

**3 Pack - Jasmine Green With Chaga Six Servings  
By The Chaga Company**  
THE CHAGA COMPANY  
\$30.00

**The Chaga Company MycoSalt- Truffle Salt With  
Chaga, Reishi, Turkeytail, And Lionsmane By The  
Chaga Company**  
THE CHAGA COMPANY  
\$38.00



Hazelnut Ground Coffee + Adaptogens By Earth & Star  
EARTH & STAR  
\$24.99



Sweet & Spicy 3-Pack By Moku Foods  
MOKU FOODS  
\$21.00



Sweet & Spicy Mushroom Jerky By Moku Foods  
MOKU FOODS  
\$20.49





Mushpit Bar - Vegan Chocolate (5 Pack)  
 FUNGIRL  
 \$40.00



Pan's Mushroom Jerky Variety Pack  
 PAN'S MUSHROOM JERKY  
 \$32.00

# RE ⊕ FORAGE THE FUTURE ⊕ P

## SHOP

---

SHOP ALL  
 BEAUTY  
 WELLNESS  
 FOOD  
 WELLNESS  
 FOOD  
 FASHION  
 HOME GOODS

## READ

---

THE BOOM

## CONNECT

---

CONTACT US  
 CAREERS  
 IN THE PRESS  
 RETURNS & EXCHANGES  
 IN THE PRESS  
 RETURNS & EXCHANGES  
 SHIPPING INFO



SUBSCRIBE TO THE BOOM

ENTER YOUR EMAIL

SUBSCRIBE

© 2022 Shroomboom. All Rights Reserved. [Terms](#) [Privacy Policy](#)

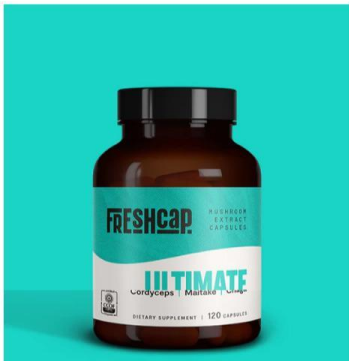


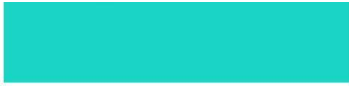
## Wellness

33 Products

Best Selling ▾

Brand ▾ Price ▾ Category ▾





**Ultimate Mushroom Complex - 120 Capsules By FreshCap Mushrooms**  
 FRESHCAP MUSHROOMS  
 \$39.99



**5 Defenders Organic Mushroom Complex - 45g Bulk Powder By Real Mushrooms**  
 REAL MUSHROOMS  
 \$34.95



**Ergo+ Ergothioneine Supplement By Real Mushrooms**  
 REAL MUSHROOMS  
 \$29.95



**Brain Gain™ | Coffee & Lion's Mane Mushroom For Cognitive Support**  
 GOOD PHARMA LLC  
 \$24.50



**Gut Restore Jar By Fungirl**  
 FUNGIRL  
 \$65.00



**Sleep Mushroom Gummies By Noble Spore**  
 NOBLE SPORE  
 \$28.00





**Shroomy Mushroom Gummies - 1 Month Supply (60 Gummies)**  
SHROOMY  
\$34.99



**Mushroom Relax Pet Chews By Real Mushrooms**  
REAL MUSHROOMS  
\$35.00



**Aloe Hydrating Mask (Box Of 5) By ALODERMA**  
ALODERMA  
\$9.99



**Super Pack By Troop**  
TROOP  
\$120.00



**Super Troop**  
TROOP  
\$45.00



**3 Pack - Masala Chai With Chaga Six Servings**  
THE CHAGA COMPANY  
\$30.00



2 Pack Chaga Coffee - Chaga Coffee Grounds By The Chaga Company  
 THE CHAGA COMPANY  
 \$60.00



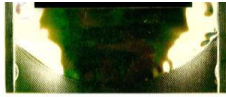
3 Pack Chaga Hot Chocolate By The Chaga Company  
 THE CHAGA COMPANY  
 \$30.00



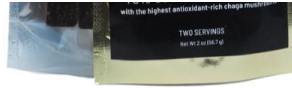
3 Pack - Sage Mint Tea With Chaga Six Servings  
 THE CHAGA COMPANY  
 \$30.00







3 Pack - Jasmine Green With Chaga Six Servings  
By The Chaga Company  
THE CHAGA COMPANY  
\$30.00



3 Pack - 70% Dark Chocolate Chaga Ingots By  
The Chaga Company  
THE CHAGA COMPANY  
\$30.00

Dark Chocolate + Functional Mushroom Extracts  
By Earth & Star  
EARTH & STAR  
\$59.99



Decaf Ground Coffee + Adaptogens By Earth &  
Star  
EARTH & STAR  
\$24.99



Brain Drops By Earth & Star  
EARTH & STAR  
\$39.99



Dark Chocolate + Functional Mushroom Extracts  
By Earth & Star  
EARTH & STAR  
\$59.99

SALE





Organic Ground Coffee By Earth & Star  
EARTH & STAR  
\$24.99



Dark Chocolate + Functional Mushroom Extracts  
EARTH & STAR  
\$59.99



Immune Gummy By Earth & Star  
EARTH & STAR  
~~\$74.97~~ \$29.99



ENERGY + FOCUS - DRAGON FRUIT  
LEMONADE  
ODYSSEY ELIXIR  
\$47.99



Immunity Mushroom Gummies By Noble Spore  
NOBLE SPORE  
\$28.00



Lion's Mane By Troop  
TROOP  
\$45.00



RealClarity - Lion's Mane, Ashwagandha, Rhodiola And Bacopa By Real Mushrooms  
REAL MUSHROOMS  
\$29.95



Lion's Mane Mushroom Extract (60G Powder) By FreshCap Mushrooms  
FRESHCAP MUSHROOMS  
\$34.99



ENERGY + FOCUS - PASSION FRUIT, ORANGE, GUAVA 4 Pack  
ODYSSEY ELIXIR  
\$47.99



DRAGE THE FUTURE ⊕ FORAC

## SHOP

---

SHOP ALL  
BEAUTY  
WELLNESS  
FOOD  
WELLNESS  
FOOD  
FASHION  
HOME GOODS

## READ

---

THE BOOM

## CONNECT

---

CONTACT US  
CAREERS  
IN THE PRESS  
RETURNS & EXCHANGES  
IN THE PRESS  
RETURNS & EXCHANGES  
SHIPPING INFO



## SUBSCRIBE TO THE BOOM

ENTER YOUR EMAIL

---

SUBSCRIBE

© 2022 Shroomboom. All Rights Reserved. [Terms](#) [Privacy Policy](#)



## Wellness

33 Products

Best Selling ▾

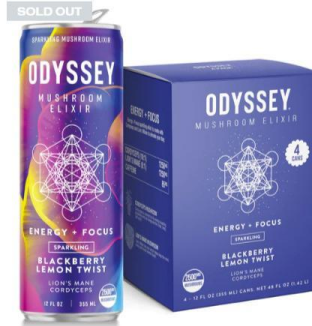
Brand ▾ Price ▾ Category ▾



ENERGY + FOCUS - ORANGE GINGER 4 Pack  
BY SHROOMBOOM



Lion's Mane Mushroom Spray & Grow Kit By North Spore



ENERGY + FOCUS - BLACKBERRY LEMON TWIST 4 Pack

ODYSSEY ELIXIR  
\$47.99

NORTH SPORE  
\$30.00

ODYSSEY ELIXIR  
\$15.99



# RE ⊖ FORAGE THE FUTURE ⊖

## SHOP

SHOP ALL  
BEAUTY  
WELLNESS  
FOOD  
FASHION  
HOME GOODS

## READ

THE BOOM

## CONNECT

CONTACT US  
CAREERS  
IN THE PRESS  
RETURNS & EXCHANGES  
SHIPPING INFO



## SUBSCRIBE TO THE BOOM

ENTER YOUR EMAIL

SUBSCRIBE



## Beauty

14 Products

Best Selling ▾

Brand ▾ Price ▾ Category ▾



Clean Skincare Starter Kit By Bambu Earth  
 BAMBU EARTH  
 \$34.00 ~~\$62.00~~



LA JUVENTUD – COLLAGEN BUILDER By  
 Fourfeels  
 FOURFEELS  
 \$36.00



NO AGE – BEAUTY CAPSULE By Fourfeels  
 FOURFEELS  
 \$37.80





**Aloe Hydrating Mask (Box Of 5) By ALODERMA**  
ALODERMA  
\$9.99



**Facial Pad Minis By Bambu Earth**  
BAMBU EARTH  
\$24.00



**Beauty Drops By Earth & Star**  
EARTH & STAR  
\$39.99



**Tea Tree Facial Bar By Bambu Earth**  
BAMBU EARTH



**Brightening Face Mask With Goldenberry And Shiitake Mushroom By LaBruna Skincare**



**Aloe Oil Controlling Mask (Box Of 5) By ALODERMA**

\$25.00



Aloe Soothing & Moisturizing Mask (Box Of 5) By ALODERMA  
ALODERMA  
\$11.99

SOLD OUT



LABRUNA SKINCARE  
\$38.00



Sensitive Skin Mask With Arnica, Borage And Chaga Mushroom By LaBruna Skincare  
LABRUNA SKINCARE  
\$38.00

SOLD OUT



ALODERMA  
\$9.99



Aloe Soothing & Moisturizing Cream By ALODERMA  
ALODERMA  
\$19.99



Everything Drops By Earth & Star  
EARTH & STAR  
\$39.99



Shiitake Seaweed Eye Gel By LaBruna Skincare  
LABRUNA SKINCARE  
\$92.00

# E THE FUTURE ⊕ FORAGE THE

## SHOP

- SHOP ALL
- BEAUTY
- WELLNESS
- FOOD
- WELLNESS
- FOOD
- FASHION
- HOME GOODS

## READ

- THE BOOM

## CONNECT

- CONTACT US
- CAREERS
- IN THE PRESS
- RETURNS & EXCHANGES
- IN THE PRESS
- RETURNS & EXCHANGES
- SHIPPING INFO



## SUBSCRIBE TO THE BOOM

ENTER YOUR EMAIL

---

SUBSCRIBE

© 2022 Shroomboom. All Rights Reserved. [Terms](#) [Privacy Policy](#)



## United States Patent and Trademark Office (USPTO)

### USPTO OFFICIAL NOTICE

Office Action (Official Letter) has issued  
on May 25, 2023 for  
**U.S. Trademark Application Serial No. 90742266**

A USPTO examining attorney has reviewed your trademark application and issued an Office action. You must respond to this Office action to avoid your application abandoning. Follow the steps below.

- (1) **[Read the Office action](#)**. This email is NOT the Office action.
- (2) **Respond to the Office action by the deadline** using the Trademark Electronic Application System (TEAS) or the Electronic System for Trademark Trials and Appeals (ESTTA), as appropriate. Your response and/or appeal must be received by the USPTO on or before 11:59 p.m. **Eastern Time** of the last day of the response deadline. Otherwise, your application will be **[abandoned](#)**. See the Office action itself regarding how to respond.
- (3) **Direct general questions** about using USPTO electronic forms, the USPTO [website](#), the application process, the status of your application, and whether there are outstanding deadlines to the [Trademark Assistance Center \(TAC\)](#).

After reading the Office action, address any question(s) regarding the specific content to the USPTO examining attorney identified in the Office action.

### GENERAL GUIDANCE

- **[Check the status of your application periodically](#)** in the [Trademark Status & Document Retrieval \(TSDR\)](#) database to avoid missing critical deadlines.
- **[Update your correspondence email address](#)** to ensure you receive important USPTO notices about your application.
- **[Beware of trademark-related scams](#)**. Protect yourself from people and companies that may try to take financial advantage of you. Private companies may call you and pretend to be the USPTO or may send you communications that resemble official USPTO documents to trick you. We will never request your credit card number or social security number over the phone. Verify the correspondence originated from us by using your serial number in our database, [TSDR](#), to confirm that it appears under the “Documents” tab, or contact the [Trademark Assistance Center](#).

- **[Hiring a U.S.-licensed attorney.](#)** If you do not have an attorney and are not required to have one under the trademark rules, we encourage you to hire a U.S.-licensed attorney specializing in trademark law to help guide you through the registration process. The USPTO examining attorney is not your attorney and cannot give you legal advice, but rather works for and represents the USPTO in trademark matters.