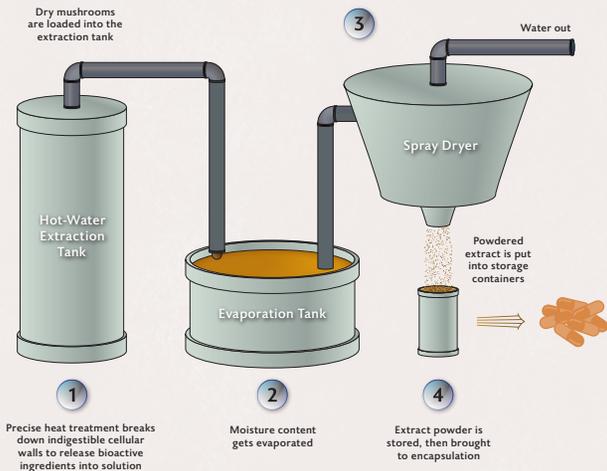


## HOT-WATER EXTRACTS FOR HIGHEST THERAPEUTIC EFFECTS

Hot-water extracts have the highest therapeutic value of all formats. Science has shown that medicinal mushrooms' therapeutic benefits come from microscopic compounds called polysaccharides, the most studied of which are *beta*-glucans. However, they are encased within the mushrooms' rigid cell walls, known as chitin—which can't be absorbed by our bodies.

Hot-water extraction is a time-consuming gentle process during which the chitin is dissolved without harming the therapeutic compounds, producing highly concentrated and bioavailable extracts. Hot-water extracts are the only format of medicinal mushrooms allowing for validated measures of polysaccharides, and particularly *beta*-glucans. New Roots Herbal's Medicinal Mushroom hot-water extracts are standardized to contain 40% polysaccharides, with quantified *beta*-glucans.



## THERAPEUTIC DOSAGE MADE POSSIBLE: HOT-WATER EXTRACTS

AND SPORES!



## ADD MUSHROOMS TO YOUR DAILY ROUTINE FOR BETTER NUTRITION, IMPROVED HEALTH, AND WELLBEING



New Roots  
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Make Life Better  
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## Each Mushroom Format Has a Purpose



LEARN HOW TO GET THE MOST OF EACH!

NON  
GMO

All New Roots Herbal Products Are Tested in Our ISO 17025-Accredited Laboratory

## MEDICINAL MUSHROOMS: DEEP-ROOTED BENEFITS

For centuries, cultures around the world used different species of medicinal mushrooms to help treat a variety of medical conditions. Studies have since validated many of their incredible health benefits, and their popularity has grown further.

But did you know that the format of mushrooms (extract, powder, or tea) makes all the difference when it comes to their studied therapeutic benefits? When looking for therapeutic benefits from medicinal mushrooms, understanding their molecular composition (structure) is essential for you to choose the right product.



### SPORES

Mushroom spores are very unique and precious. These “seeds” are essentially the life force of a mushroom. Spores do not require hot-water extraction: Gentle milling is enough to ensure intestinal absorption of medicinal compounds.

When buying mushroom spores, it is critical to ensure they are actual spores, and not unvalidated powders, and to properly identify the species of mushroom. Validation in an ISO 17025–accredited laboratory ensures you get what you pay for.

Reishi spores have been clinically proven to help manage symptoms of fatigue and weakness, and to improve energy during radiation and chemotherapy treatments.

## CONVENIENT MUSHROOM POWDERS

New Roots Herbal’s certified organic mushroom powders are made from finely ground dried mushrooms. Although they contain nutrients from the fruiting body of the mushrooms, these should not be confused with therapeutic compounds. No matter how finely you grind up mushrooms—even through a process called micronisation—the therapeutic compounds remain encased and inaccessible to the body. Added to cold foods or lightly simmered, mushroom powders provide valuable nutrients and a fantastic kick of flavour. Only when simmered over an extensive period of time can polysaccharides and *beta*-glucans be released from these powders, but the amounts don’t compare to that of a concentrated hot-water extract.



**Buyer Beware:** If you purchase capsules filled with mushroom powder, even if ground finely enough to be referred to as “micronised,” you get nonabsorbable compounds, providing mediocre health benefits and poor value for your investment.



## DRIED MUSHROOMS FOR YOUR OWN BREW

Certified organic Reishi Slices and wildcrafted Chaga Tea Chunks are ideal for consumers committed to traditional brewing. To release medicinal compounds, these mushrooms must be simmered in hot water for considerable lengths of time; teas require hours of simmering, while tinctures necessitate several days, up to a week. Resulting concoctions are a great addition for daily wellness routines and overall wellbeing.

All New Roots Herbal certified organic Medicinal Mushroom products are tested in our ISO 17025–accredited laboratory, for therapeutic compound quantification as well as for contamination by heavy metals, pollutants, and pesticides.