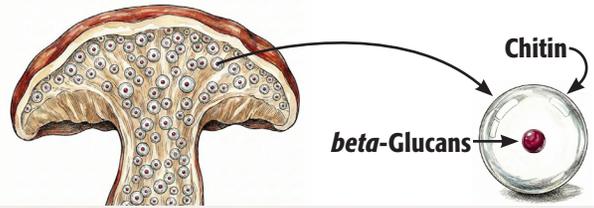


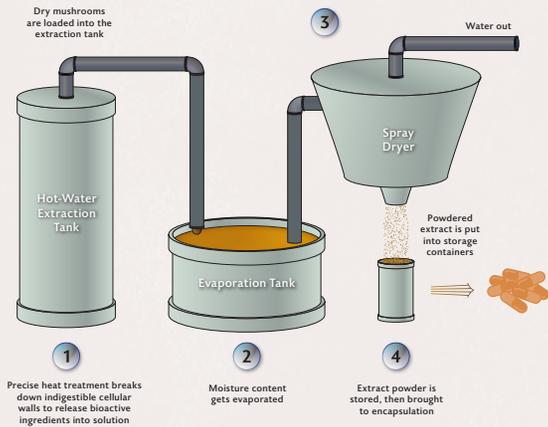
# HOT-WATER EXTRACTS FOR HIGHEST THERAPEUTIC EFFECTS

Hot-water extracts are widely considered the most effective format for delivering mushroom beta-glucans. Think of beta-glucans like the colours inside a marble—valuable but trapped behind a tough chitin shell that humans don't fully digest, which can limit absorption.



Hot-water extraction is a gentle, time-intensive process that helps break down the mushroom's chitin cell walls without damaging key active compounds, producing a highly concentrated and bioavailable extract.

This format also allows polysaccharides—especially beta-glucans—to be accurately measured and quantified. New Roots Herbal's medicinal mushroom hot-water extracts are standardized to contain at least 40% polysaccharides, with beta-glucans quantified.



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## THERAPEUTIC DOSAGE MADE POSSIBLE: HOT-WATER EXTRACTS

<b>Chaga</b> Extract - 350 mg Hot-Water Extract MEDICINAL MUSHROOMS IMMUNE SUPPORT HARMONY 25% beta-Glucans from 40% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	<b>Cordyceps</b> 500 mg Hot-Water Extract MEDICINAL MUSHROOMS IMMUNE SUPPORT VITALITY 20% beta-Glucans from 40% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	<b>Cordyceps Militaris</b> 400 mg Hot-Water Extract MEDICINAL MUSHROOMS IMMUNE SUPPORT VIGOUR 20% beta-Glucans from 40% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	
<b>Coriolus</b> Turkey Tail - 500 mg Hot-Water Extract MEDICINAL MUSHROOMS IMMUNE SUPPORT ANTIOXIDANT 50% beta-Glucans from 55% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	<b>Lion's Mane</b> 500 mg Hot-Water Extract MEDICINAL MUSHROOMS COGNITIVE HEALTH IMMUNE-BOOSTING 35% beta-Glucans from 40% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	<b>Maitake</b> 400 mg Hot-Water Extract MEDICINAL MUSHROOMS IMMUNE SUPPORT BALANCE 30% beta-Glucans from 40% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	
<b>Reishi</b> 500 mg Hot-Water Extract MEDICINAL MUSHROOMS ENERGY - IMMUNITY STRESS RESISTANCE 30% beta-Glucans from 40% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	<b>Reishi Spores</b> 350 mg Broken Cell-Wall Spores MEDICINAL MUSHROOMS IMMUNE SUPPORT STRENGTH Adjunctive Therapy to Reduce Fatigue / Weakness During Radiation and Chemotherapy New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	<b>Resilience</b> Mushroom Extract Blend MEDICINAL MUSHROOMS IMMUNITY - ENERGY STRESS REDUCTION Hot-Water Extract 40% Polysaccharides 400 mg New Roots Made in Canada 90 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested	<b>Shiitake</b> 300 mg Hot-Water Extract MEDICINAL MUSHROOMS IMMUNE SUPPORT WELLNESS 25% beta-Glucans from 40% Polysaccharides New Roots Made in Canada 60 Vegetable Capsules Certified cGMP Production Facility ISO 17025-Accredited Laboratory-Tested

### AND SPORES!

- Manufactured in Canada in a certified cGMP (Current Good Manufacturing Practices) facility.
- All ingredients and finished products are tested for quality and safety in an ISO 17025-accredited laboratory.

To ensure these products are right for you, always read and follow the label.

DM0275-2026-01-23



## CRAFTED FOR THERAPEUTIC PERFORMANCE



## MEDICINAL MUSHROOMS: DEEP-ROOTED BENEFITS

For centuries, cultures worldwide have used medicinal mushrooms to support health and wellness. Modern research has since confirmed many of their potential benefits, helping drive their growing popularity.

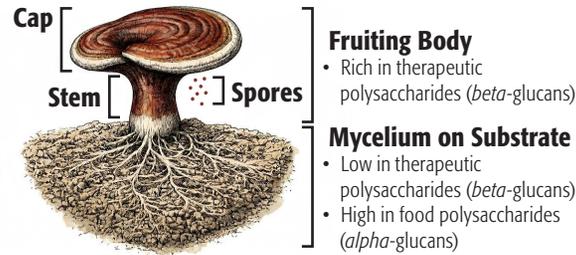
But did you know the most important factor isn't just the mushroom species—it's whether the supplement provides therapeutic polysaccharides (*beta*-glucans) in a form your body can absorb?

To get the benefits you're looking for, the species matters—but so do the quality and bioavailability of its active compounds.



## THE RIGHT THERAPEUTIC COMPOUNDS

A medicinal mushroom isn't just one ingredient—it's made up of different parts, and each one can produce a different quality of supplement.



- Fruiting Body**
  - Rich in therapeutic polysaccharides (*beta*-glucans)
- Mycelium on Substrate**
  - Low in therapeutic polysaccharides (*beta*-glucans)
  - High in food polysaccharides (*alpha*-glucans)

When you buy a mushroom supplement, it's worth asking: Which part is used: fruiting body, mycelium, or spores? And what kind of polysaccharides are you actually getting: *beta*-glucans or *alpha*-glucans?

Many brands list only “polysaccharides,” and the numbers can look impressive. But that total doesn't tell you whether they come from studied, therapeutic *beta*-glucans—or from more food-like *alpha*-glucans (starches). This matters, because mycelium is typically grown on a substrate such as rice or grain, and once harvested, it can't be cleanly separated from that growth material—meaning the final product may contain a significant number of substrate-derived *alpha*-glucans.

The fruiting body (the visible mushroom) is typically the richest source of naturally occurring *beta*-glucans. In contrast, mycelium-based products may contain lower *beta*-glucan levels—especially when grown on grain-based substrates.

Spores (such as reishi spores) contain unique active compounds, but they're protected by an exceptionally tough outer shell. That's why they must be cracked (broken cell wall) or properly extracted—otherwise, those compounds may not be accessible to the human body.

## WHY BIOAVAILABILITY MATTERS

Even when you choose the right part of the mushroom, there's one more key question: Can your body actually access the active compounds? In a basic medicinal mushroom powder, many polysaccharides—especially *beta*-glucans—can remain “locked away” within the mushroom's tough cell walls, meaning you may not get the full studied benefits unless they're properly released and made bioavailable.

**Buyer Beware:** Capsules filled with plain mushroom powder—even when finely ground or “micronized”—may still offer limited absorption, meaning you may not get the full studied benefits or the best value for your investment. In contrast, hot-water extracts help release and concentrate key compounds like *beta*-glucans, delivering a more bioavailable and effective format.