Mushroom Therapy

What is it?

Asian and Native cultures have long used mushrooms for their medicinal and general balancing effect on the body. This is an organic blend of the five most studied mushrooms: Trametes, Shiitake, Maitake, Reishi and Cordyceps. The polysaccharides in mushrooms are felt to be the active component, especially for strengthening and modulating the immune system. Other beneficial properties that have been studied in this blend include anti-viral protection and anti-tumor activity.

How do I take it?

The Rainbow Light Mushroom Therapy Product can be taken once daily. It can be taken to boost the immune system during winter months or can also be used daily for general resilience and health.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. Mushroom Therapy in the recommended dose above is felt to be safe. Please note different brands may have different recommended dosing!

Medicinal mushrooms are typically tolerated well. Please check with your provider if you have multiple medical conditions, are on multiple medications, or have any autoimmune conditions.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!