

# Questions and Answers

1) **What are the formula blends of mushrooms made from?**

## **Immune Health Blend**

One hybrid strain from the *Coriolus versicolor* specie  
Three hybrid strains from the *Ganoderma lucidum* specie  
One hybrid strain from the *Agaricus subrufescent* specie  
One hybrid strain from the *Cordyceps militaris* specie  
One hybrid strain from the *Ophiocordyceps sinensis* specie

## **Cognitive Health Blend**

One hybrid strain from the *Hericium erinaceus* species  
One hybrid strain from the *Cordyceps militaris* species  
One hybrid strain from the *Ophiocordyceps sinensis* species  
Three hybrid strains from the *Ganoderma lucidum* species

## **Blood Sugar Support Blend**

One hybrid strain from the *Grinfolia* species  
Three hybrid strains from the *Ganoderma lucidum* species  
One hybrid strain from the *Cordyceps militaris* species  
One hybrid strain from the *Ophiocordyceps sinensis* species

## **Liver Health Blend**

One hybrid strain from the *Antrodia cinnamomea* species  
One hybrid strain from the *Antrodia camphoratas* species  
One hybrid strain from the *Ganoderma lucidum* species  
One hybrid strain from the *Cordyceps militaris* species  
One hybrid strain from the *Ophiocordyceps sinensis* species

2) **What is the shelf life of the products?**

Indefinite. We have used product which had been stored for seven years and it provided the same beneficial health benefits. We state that the products are best used within 3

years; however, if kept dry and stored at room temperature (not frozen) the products retains quality. You can refrigerate but do not freeze the products.

- 3) **Where are the mushrooms grown?** They are grown in laboratories in the USA.
- 4) **What is the food for the mushrooms?** Organic, sterile fruits and vegetables.
- 5) **How long does it take to grow the mushrooms?** Each mushroom strain takes a different period of time to grow, the longest being 63 days.
- 6) **Are there any side effects?** There may be sensitivity to the touch to those parts of the body that had diseased cells or tumors for a few days or weeks. This is caused by the immune system attacking and consuming tumor or diseased cells. In some cases, if the person is very toxic, there can be diarrhea or night sweats for up to three days. This is a sign that you may be detoxing.
- 7) **If the person is allergic to penicillin or antibiotics is it safe and will there be any side effect?** None at all.
- 8) **Do you ship internationally?** Yes.
- 9) **How long do I have to wait for my order?** In most cases we can ship the same day if the order is received by 2 pm Pacific Time. If we do run out, you may have a 2 to 3-week delay because of the growing cycles of the various strains of mushrooms.
- 10) **How do we consume the products?** You can add them to a food or beverage. Review the literature provided. We are posting recipes on our web sites and newsletters.
- 11) **Where do we find out more about the science on mushrooms' strains?** Go to the web sites [quanthealth.org](http://quanthealth.org), documents provided and [foodabout.org](http://foodabout.org)
- 12) **What are the mechanisms and pathways of the known beneficial chemistry in the mushroom strains used?** Go the [quanthealth.org](http://quanthealth.org) and [foodabout.org](http://foodabout.org) web sites and documents provided.
- 13) **What is the dosage to consume?** It varies for each person and depends on the severity of the illness or disease. When the product has been consumed anecdotal observations showed that it supports the immune and nervous systems when people consumed between 8 to 12 teaspoons (16 to 32 grams) or more a day. Cut the dosage in half for children under 12. See the dosage observation chart.
- 14) **What does the company do?** The Company grows and sells medicinal mushroom blends composed of proprietary hybrid strains of medicinal mushroom species. The strains used are not commercially available from other growers for national and international distribution. The products are produced as foods for integrative health care as evidence-based, complementary support for human chemistry. The mushrooms are grown in sterile, clean room facilities with no soil and are grown on certified organic substrates. Once grown, the medicinal mushrooms are dried and processed into a powdered form in a sterile environment. The blending and packaged is done in a sterile environment.
- 15) **How is the products packaged?** Packaging for each product: 1-pound (453 grams) Container, ½ pound (266 grams) Bag, and 3-ounce (85 grams) pouch.
- 16) **What makes your product different or unique?** Currently, few manufacturers or distributors sell quality fungi extensively to health care professionals, hospitals and medical food services and: (1) none have our strains, and few have our end product safety and sterile profile (2) few have our growing methodology (3) few have these rare strains grown on comparable substrates with a shelf life of four years or more. The company's formulas and products therefore have no direct competition because of the proprietary strains, proprietary formulas, chemistry, substrates used, and the quality

standards for the growing and harvesting of the hybrid mushroom strains. Most medicinal mushroom products are extracts made from mushrooms of unknown origins and grown on unknown soil or other substrates. Soil and non-sterile substrates used in some competitor's production increase the risk of contamination, the incorporation of heavy metals and toxins, and higher product variability.

- 17) **Are the products safe for pets?** Yes, they are totally safe for pets. We have had dogs, cats and horses use it with positive outcomes.
- 18) **Will cooking products will it negatively affect them?** Very little unless you burn them.
- 19) **How are the mushrooms grown and processed?** The products are grown in clean room sterile laboratories, air dried and then blended according to the formulas and packed for consumer use.
- 20) **Can this product be used topically?** Yes it can, add to hand cream or aloe, mix together and then apply to the skin and rub it in.
- 21) **Does any of the mushrooms have toxicity?** No there is no level of toxicity found, it is safe for pregnant women and for children.

## 22) **Issues Relevant to Commercial Production**

Cultivating medicinal mushroom strains at large scales requires methods to provide consistent, safe, effective and reliable products. The current production methods and standards in the market need upgrading before they can achieve these results. Product quality can also be impacted by the fact that many manufacturers and resellers rely on several sources of mushrooms, and some are of dubious origins. These different sources often show considerable variation with respect to substrates used and manufacturing practices. Unfortunately, the perceived future growth of this sector has also resulted in an ever-increasing number of less-reputable companies, and their questionable practices will inevitably lead to more intensive scrutiny of the sector as a whole. There is urgency for the medicinal mushroom manufacturing industries to develop and adopt acceptable and reproducible protocols for growing the raw product and for the processing of the final products. Enforcing these standards will ensure high-quality, standardized, and safe products. Such practices are essential for earning and maintaining the public trust, which is vital for securing expanding markets in the future.