



SOSS™

**FUNCTIONAL
MUSHROOM GUIDE**

**Boost memory, energy, immunity ,
sleep, and overall wellness with
SOSS™ mushrooms**

FIRST TIME TRYING FUNCTIONAL MUSHROOMS?

Start Slowly: Begin with a small dose and gradually increase as your body adjusts. This allows you to gauge how the mushrooms affect you personally.

Consistency is Key: Functional mushrooms work best when taken regularly. Consider incorporating them into a daily routine for optimal benefits.

Pair with a Balanced Diet: Mushrooms can enhance your wellness, but pairing them with a healthy diet will boost their effectiveness.

Track Your Progress: Keep a journal of how you feel before and after starting your regimen. Note any changes in mood, energy, or overall well-being.

Consult a Healthcare Professional especially if you have pre-existing conditions or are on medication, it's wise to consult with a healthcare provider before starting a new supplement regimen.

Be Patient: Functional mushrooms take 3-6 weeks of consistent use to produce noticeable effects, so be patient and give your body time to adjust.



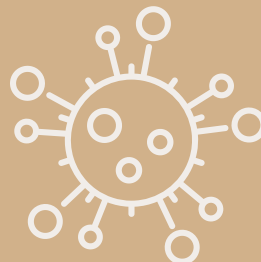
How can you benefit from functional mushrooms?



Clear-headed with
better focus



More physical
energy



Immunity
level boost



Less anxiety &
stress

WHO SHOULD TAKE FUNCTIONAL MUSHROOMS?

Functional mushrooms offer a huge range of benefits and can be helpful for various groups of people, including:

Adults Seeking Improved Cognitive Function

Certain mushrooms like lion's mane are known to support brain health by enhancing memory, focus, and mental clarity. Those dealing with brain fog or looking to maintain cognitive function as they age may benefit from adding functional mushrooms to their routine.

People Managing Stress and Anxiety

Reishi and cordyceps mushrooms are popular for their adaptogenic properties, helping the body manage stress, reduce anxiety, and promote a calm, balanced mood. These mushrooms may benefit those who experience high levels of stress or feel emotionally overwhelmed.

Athletes and Active Individuals

Functional mushrooms like cordyceps can improve stamina, energy, and endurance by boosting oxygen utilization and increasing ATP production. Athletes or those with active lifestyles may find that functional mushrooms enhance physical performance and support faster recovery.



Individuals Needing Immune System Support

Mushrooms like turkey tail are full of beta-glucans, compounds known to strengthen the immune system. People who experience seasonal illness, or travel often, may benefit from the immune-boosting effect.

Those Seeking Better Sleep

Reishi mushrooms are often used to promote relaxation and better sleep quality. Individuals struggling with insomnia or poor sleep may find reishi helpful for winding down and supporting restful nights.

People Looking to Balance Blood Sugar and Support Metabolic Health

Mushrooms like Chaga, Turkey tail and Maitake are known to help regulate blood sugar and support metabolic function, making them beneficial for those looking to improve their blood sugar control.

Women looking for Menopause Relief

Turkey Tail mushrooms are an excellent supplement for menopausal women struggling with hormone imbalance.

Men with Low Testosterone

Cordyceps mushrooms improve serum testosterone levels and sperm count.



MEET THE MUSHROOMS

Here are some of the more common functional mushrooms and their effects. These mushrooms can be used individually to target specific wellness goals or combined for synergistic benefits.

Chaga



- Regulates Cortisol to fight anxiety & stress
- Immunity, brain and liver support
- Lowers blood sugar
- Stimulates Collagen
- Improves Memory
- Reduces protein deposits that cause Alzheimer's
- Can treat Adrenal Fatigue

Cordyceps



- Increases physical energy & libido
- Speeds up muscle recovery
- Inhibits the inflammation process
- Lowers stress
- Slows memory loss
- Stimulates the immune system
- Increases testosterone levels and sperm count
- Can decrease thyroid anti-bodies

Lion's Mane



- Improves brain function, memory, mood, motivation & focus
- Improves Libido
- balances emotional responses
- Natural alternative to Adderall
- Improves Traumatic Brain Injury recovery

Reishi



- Lowers physical and mental stress
- Works on the GABA neurotransmitter that lowers neural activity and promotes sleep
- Increases Serotonin (so does CBD) for happiness and stress response
- Calms Anxiety and Depression
- Enlarged prostate treatment
- Acne treatment
- Anti-histamine and anti-inflammatory

Turkey Tail



- Immune system booster
- Improves memory and problem solving
- Balance hormones
- Protects the liver from inflammation caused by alcohol consumption
- Improves gut health and metabolism by reducing the amount of fat that accumulates on the liver.

Blend



- A 5-in-one formula blended for you
- Lion's Mane for focus, memory, and mental clarity.
- Cordyceps for physical performance and endurance.
- Chaga + Turkey Tail for Immunity
- Reishi for stress, relaxation & sleep
- Chaga + Reishi for Anti-Inflammatory & Antioxidant Properties

WHO SHOULD NOT TAKE FUNCTIONAL MUSHROOMS

While functional mushrooms offer numerous health benefits, there are some individuals who should avoid or exercise caution before consuming them.

People with Mushroom Allergies

Those allergic to mushrooms should avoid functional mushrooms.

People on Antidiabetic Medications

Some functional mushrooms may lower blood sugar levels and be dangerous for those taking other medications for diabetes

Individuals on Immunosuppressant Medications

People taking immunosuppressant medications avoid them, as they may counteract the effects of the medication

Those on Blood-Thinning Medications

Functional mushrooms like reishi may have anticoagulant (blood-thinning) properties, which could enhance the effects of blood-thinning medications like warfarin. This may increase the risk of bleeding or bruising, so individuals on these medications should consult their doctor before using them.

People with Low Blood Pressure

Some mushrooms are known to lower blood pressure. Individuals who already have low blood pressure or are taking medication to lower blood pressure should be cautious, as combining them could result in excessively low blood pressure.

Individuals with Autoimmune Diseases

Because functional mushrooms like cordyceps and reishi can stimulate the immune system, they may not be suitable for people with autoimmune diseases as they could potentially worsen autoimmune symptoms.

Pregnant or Breastfeeding Women & Children

There is not enough research on the safety of functional mushrooms during pregnancy and breastfeeding or in adolescents.

GENERAL DOSING ADVICE

START LOW AND INCREASE GRADUALLY

If you're new to functional mushrooms, it's best to start with the lowest recommended dose and gradually increase it as your body adjusts. This allows you to monitor your body's response to the mushrooms, helping you identify any benefits or side effects you may experience. Starting low is especially important because everyone's body is different, and individual reactions can vary widely.

CONSISTENCY IS KEY

For maximum benefits, it's important to take functional mushrooms consistently every day. Regular use helps maintain steady levels of the beneficial compounds in your system. This steady intake allows your body to respond more effectively to the mushrooms' perks, enhancing their impact on your immune system, energy levels, and cognitive function. Finding a method that works for you can make it easier to stay on track and allow you to fully enjoy the positive effects. Consistency is the key to achieving optimal results with functional mushrooms.

RESULTS TAKE TIME

The effects of functional mushrooms can take time to become noticeable. Some people may feel subtle improvements within a week or two, however, it's common for the full benefits to take 3–6 weeks of consistent use. Functional mushrooms work gradually to support long-term wellness so achieving the best results requires patience and dedication.

RECOMMENDED DOSING

Chaga

Recommended Dose: 1,000–2,000 mg per day

Common Uses: High in antioxidants, supports immune health, and reduces inflammation.

Cordyceps

Recommended Dose: 1,000–3,000 mg per day

Common Uses: Increases energy, stamina, and athletic performance by improving oxygen utilization.

Lion's Mane

Recommended Dose: 500–3,000 mg per day

Common Uses: Improves cognitive function, memory, and focus, and may support nerve regeneration.

Reishi

Recommended Dose: 1,000–3,000 mg per day

Common Uses: Reduces stress, promotes relaxation, supports immune function, and may aid in better sleep.

Turkey Tail

Recommended Dose: 1,000–3,000 mg per day

Common Uses: Strengthens immune function, supports gut health, and may help in cancer treatment (adjunct to therapy).



Functional mushrooms are a powerful group of mushroom with health-boosting properties. Mushrooms such as Reishi, Lion's Mane, Cordyceps, and Chaga contain a rich supply of beneficial compounds. These compounds, including beta-glucans, antioxidants, and adaptogens, can strengthen the immune system, enhance cognitive function, boost energy, improve focus, and help you relax. These special mushrooms are used as natural remedies for people just like you who are want to reduce stress, support overall wellness, or improve physical and mental performance.

While functional mushrooms can benefit many, it's important to know who should and shouldn't take them. People in good health seeking immune support, mental clarity, or increased energy will find them especially helpful. However, individuals with mushroom allergies, those taking certain medications, or pregnant and breastfeeding women should consult a healthcare professional before adding these mushrooms into their routine. Thank you for exploring the world of functional mushrooms with me. Reach out with any questions using the information below. Wishing you good health and wellness!



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Tonya Laden is the lead writer at her brands, specializing in health coaching, product development, and the benefits of plant-based medicine, including CBD and functional mushrooms. Her work spans across blog posts, articles, microdosing guides, and guest contributions, all focused on helping others thrive using the natural power of plant-based remedies.

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