



**Myco**Medica®

How do you know  
it's really a premium  
mushroom product?

**Medicinal Mushroom Quality Guide**

Do you have your own medical or therapeutic practice, pharmacy, e-shop or healthy food shop and would you like to offer medicinal mushroom products to your patients and customers?

Or do you suffer from **long-term imbalance** and want to treat it with extracts and tinctures because conventional treatments have disappointed you?

Then you face a big question:

**How to choose those that really work from the huge number of products on the market?**

It's not easy at all. That's why we've prepared this Guide for you.



## **After reading it, you'll know:**

How the best-quality medicinal mushroom products on the market differ from the average ones.



How to verify that the extract really contains as many active substances as the manufacturer claims.



What information to look for on the packaging to choose the best products.





# Medicinal mushrooms to promote vitality

Medicinal mushrooms contain thousands of active substances, which is why millions of people around the world use them for various body imbalances. The most effective components of mushrooms are beta-glucans, polysaccharides, terpenes, various vitamins or minerals. However, medicinal mushrooms are probably full of other beneficial substances that scientists have not yet discovered. We have certainly not yet exhausted their potential. Quite the contrary.





## What can medicinal mushrooms do?

- Support the immune system.
- Balance the Yin and Yang energy in the body.
- Bring physical and mental harmony.
- Harmonize the microbiome in the intestines.

## What medicinal mushrooms are there?

### Reishi

Reishi promotes natural immunity and vitality. It supports a healthy heart.

### Cordyceps

Cordyceps from Tibet is the greatest recharger of lost energy among medicinal mushrooms.

### Coriolus

A supplement in the treatment of cancer. Veterinary product.

### Chaga

Chaga has tropism for the intestines. It contains bioactive compounds such as betulin or terpenes.

### Hericium

Hericium is the natural nourishment for neurons, supports the psyche and has tropism for the intestines.

But there are many other types...

## Mushrooms can be used as:

- Extract
- Dried mushroom
- Tincture
- Mushroom powder

## Remember beta-glucans

You will hear a lot about beta-glucans. Of all the active substances in medicinal mushrooms, they are the most beneficial and effective for the body. They are a subgroup of polysaccharides and you can think of them as a key to unlock an immune cell. They activate and destroy everything in the body that shouldn't be there.

## Which beta-glucans are the best?

- Beta-1,3/1,6-D-glucans

In addition to the polysaccharide content on the packaging of mushroom products, **look for an indication of the concentration of beta-glucans**, so that you know that you are really getting the active substances you've paid for. Some polysaccharides don't benefit the body in any way, so the indication of their high content may be misleading.

\*Reishi - natural immunity, immune system.

# Testing guarantees quality

Why is it necessary for manufacturers to regularly test their mushroom products? Otherwise, you risk buying extracts that are either downright harmful or lacking the active substances promised by the manufacturer. During processing, mushrooms like to absorb pollutants such as heavy metals, pesticides or various impurities. This has already been solved and tested by most manufacturers, but they sometimes forget that it is necessary to test that there are as many active substances in the mushroom as there should be.





## How we do things at **MycoMedica**:

- We are transparent, we'll send you laboratory reports upon request.
- We test all mushrooms at all stages of processing.
- We control a wide range of harmful substances.
- We verify and guarantee the content of active substances.

## Usual manufacturer:

- Tests randomly.
- Doesn't test beta-glucans.
- Won't provide laboratory reports.

## Where to find the results?

Test results are often not publicly communicated by manufacturers. Either because they don't have them, they are incomplete, or they would reveal various tricks used in production to reduce the price of the resulting product. To be sure that you are buying an effective product, you need to request laboratory reports from brands on the market. If they don't send them to you immediately, you know...

## **Polysaccharide and beta-glucan testing**

We have already indicated above why you shouldn't focus only on the data on the content of polysaccharides and should mainly look at beta-glucans, the real beneficial substances. The problem is that beta-glucan tests are demanding in both process and cost, so few companies do them. Almost none, actually. We conduct them and are recognized as pioneers of this approach in Europe.

## **How do we eliminate the risk of the mushrooms containing undesirable substances?**

Read more.





# Cultivation affects mushroom efficiency

Each mushroom grows differently. Reishi needs oak trunks and matures at six to nine months. Chaga thrives on birch trees and is ready for harvest in three years. Cultivation of medicinal mushrooms is alchemy. The place, substrate and time of ripening determine the mushroom's quality. If it grows in a substrate that doesn't suit it, it doesn't have the necessary nutrients and doesn't develop active substances. The same applies to premature harvesting.

## How do we grow our mushrooms?

- They grow in pure nature, hundreds of kilometres away from large cities, where there is no risk of contamination.
- They have ideal conditions 24/7: temperature, humidity and air quality.
- Their substrate is very similar to that in which they grow in the wild.
- We let the mushrooms ripen – we harvest them only when they have the maximum active substances.
- The tradition of growing them has been passed down from generation to generation for hundreds of years.

Remember that growing has a dramatic effect on how effective the mushroom will be. Ask the producers how they grow mushrooms. Some may tell you that they have grown Reishi longer than others. But this only means that it is heavier, there aren't more active substances in the mushroom with more time.

When mushrooms are grown in the wrong place or cheaper substrate, they draw in a lot of harmful substances that the producer doesn't easily get rid of during processing. Also, some growers don't give the mushrooms enough time to ripen and harvest weak mushrooms too early to ensure they have enough material at all times.

**Are you interested  
in how our individual  
mushrooms grow?**



Use the QR code to download an overview of the mushrooms and substrates in which they thrive the most.

# Processing makes the mushroom more powerful, but it can also destroy it

Proper processing of medicinal mushrooms ensures that active substances are released from them; such as the above-mentioned, most valuable ones – beta-glucans. It also ensures that these substances are well absorbed by the body. Mushrooms are usually processed by extraction. There are several methods of mushroom extraction from simple hot water through dual to combined, developed by MycoMedica. When done correctly, the extract is similar to a raw mushroom at the end of the process but is stronger. But if you skimp on the mushroom processing in any way, the resulting product has nothing to do with the original mushroom and is almost guaranteed not to work.

## Mycelium or fruiting body?

All our products are made from mushroom fruiting bodies (except Cordyceps, where it is necessary to use mycelium for technological reasons). Unlike mycelium, active substances are concentrated in them. You can think of it as an analogy to the acupuncture network in the body, through which energy flows and rises to the surface at the acupuncture point. This is where energy is most concentrated. And in mushrooms, energy flows in the mycelium to concentrate in the fruiting body.



If mycelium is used for extract production, substrate residues may appear in the product, and although the tests measure polysaccharides, they won't be the right mushroom ones and beneficial to the body. The mycelium grows for a shorter time and the active substances do not develop quickly enough in it.

In addition, the product will never be as pure as the one made only from fruiting bodies.



## Mushroom powder

Mushroom powder is made by drying whole mushrooms and then grinding them into a fine powder. This process minimizes processing and preserves all parts of the mushroom.

The advantage of mushroom powder is that the active substances are present in their natural concentration. However, some of these substances may be less accessible to the body because we can't digest chitin from the mushrooms' cell walls. The concentration of active substances in the mushroom powder is lower than in the extract. This means we would have to consume significantly more powder than extract, which could burden our digestion.

## Mushroom extracts

Mushroom extract is produced using extraction methods, such as hot water, alcohol or combined extraction, which concentrate specific active substances.

The extract contains a concentrated amount of active substances such as polysaccharides (e.g. beta-glucans) or triterpenes, and fewer impurities and undesirable components, such as fibre. Thanks to extraction, these substances are more easily available to the body because extraction disrupts chitin covering the cells so that our body can make better use of the active substances.

If we are dealing with imbalances in our body and expect a significant therapeutic effect, we always use the extract precisely because it contains a high concentration of active substances that are easily available for the body.

Use the QR code  
to download  
extraction types.









# Testing for harmful substances

Before mushrooms turn into extracts, there are a lot of moments when harmful substances can get into them. Whether while growing, when toxins can be released from the soil, during picking, transport or the processing itself. At that time, mushrooms can be damaged by, for example, ethylene oxide, which is formed during sterilization.

Or, if mushrooms are dried in an improper way, substances with carcinogenic effects are released, such as when you burn a marshmallow over a fire. It is thus crucial to test the mushrooms repeatedly throughout the process.





## **We test more than imposed by regulations**

You don't have to worry about harmful substances with our mushrooms. We test them in laboratories in the USA, Ireland, but also at the University of Chemistry and Technology in Prague. We don't do random tests, but we thoroughly test all the mushroom material at all stages. We add more advanced test methods at our own expense to the common set of tests imposed on manufacturers by law, so that we can always offer you the best.

## **We test our mushrooms for:**

- **Heavy metals**
- **Pesticides**
- **Radioactivity**
- **Polycyclic aromatic hydrocarbons (PAH)**
- **Ethylene oxide**
- **Microbial impurities**



# What about the active substances?

They must be tested as well. As we have already indicated above, most manufacturers end up testing polysaccharides and don't care whether the substances they have labelled as polysaccharides are really those that benefit the human body. The more detail the manufacturer can provide about the content of active substances in the extract or other product, the more certain you can be that you are purchasing quality. Please note: Focus on beta-glucans, these are the most beneficial substances contained in mushrooms.

At **Myco**Medica  
we measure:

- Polysaccharides by quality, sensitive tests

**In addition, we measure the following in the PRO line:**

- Beneficial beta-glucans – as the only ones on the market
- Terpenes in Reishi and Chaga
- Hericenones and erinacines in Hericium
- Cordycepin and adenosine in Cordyceps




When studying the composition of the medicinal mushrooms you want to buy, remember that a higher number doesn't automatically mean better effects. In mushrooms, it is not about concentrating only one active substance, but fine-tuning the composition of the product so that the beneficial substances are in balance and the result is similar to the composition of the mushroom before processing.





## The era of beta-glucans is coming

You already know that data on the content of polysaccharides in the mushroom may not always be accurate. It is mainly due to lower-quality tests that aren't sensitive enough. We continue to test our mushrooms for polysaccharides, but we use the most reliable and accurate tests, so you can trust everything we write on the packaging.



Although we have long been the market leader, we decided to go even further and take our products to a new level. We have started the era of beta-glucans and launched a new PRO mushroom line based on them.



**Beta-glucans** are the most valuable substances in mushrooms, as they directly regulate the immune system. In addition to polysaccharides, we also verify their content in all PRO products so that you have even more accurate information about how many active substances there are in the mushroom.

We produce PRO mushrooms using an innovative combined extraction, which can increase the content of beta-glucans in the extract. They are more powerful. We still offer our maximum quality and successful basic range of extracts and it is up to everyone what type of mushroom strength they choose.



IMPROVED  
EXTRACTION  
METHOD



GUARANTEED  
CONTENT OF ACTIVE  
SUBSTANCES



ORGANIC  
QUALITY

# We create a mycelium for a healthy life for all



We introduced medicinal mushrooms to the Czech Republic more than 15 years ago. We created a strong mycelium for them during that time and there aren't many people today who would not know them. Because we lacked quality extracts on the market, we decided to produce them ourselves in our facility in Police nad Metují. We sell over half a million products every year, but we are still the same passionate family business we were at the very beginning.

When you choose the **Myco**Medica extracts, you choose:

- Family business approach, fair dealing and good mood
- High-quality, safe and effective mushrooms tested by the most stringent tests
- Complete certainty about the composition (everything is produced by us and we have 100% control over it)
- Products that have no parallel on the European market (PRO line)



**Myco**Medica®





# There are mushrooms and mushrooms

## **Myco**Medica mushrooms:

- They are 100% pure, made from fruiting bodies.
- They have a transparent origin, which we can easily prove.
- They are grown as they would be in the wild. We adjust the substrates according to the type of mushroom.
- They have an abundance of polysaccharides verified by quality and reliable tests.
- The PRO line is also tested for beta-glucans to get even more information about the composition.
- We harvest them only when they are really ripe and have developed active substances.
- We make all the products ourselves, so we know exactly what the final product contains.
- They are completely checked; we test all batches without exception.

## Mushrooms from common sellers:

- They are not pure, it is a mixture of a mushroom and substrate or other substances.
- Their origin is often undisclosed, without documentation.
- Due to the cost, they grow in an unsuitable type of substrate and the active substances do not develop.
- They are tested using basic tests for polysaccharides that are not accurate.
- They do not have verified beta-glucans or any advanced tests.
- They can be made from old fruiting bodies and thus less effective.
- They are produced in external facilities that are not under the manufacturer's control.
- They are checked only randomly.

Our motto

# QUALITY SAFETY EFFICIENCY

we do not take it lightly.

Thanks to this, we have  
gradually become the most  
important European  
manufacturer of medicinal  
mushroom products.



I wish you good health.  
Martin Schirlo, Sales Director

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