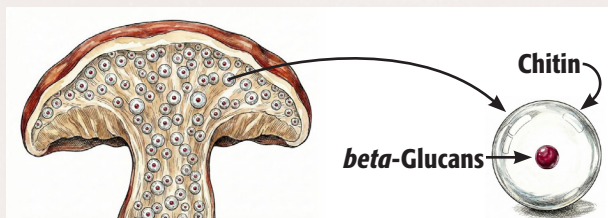


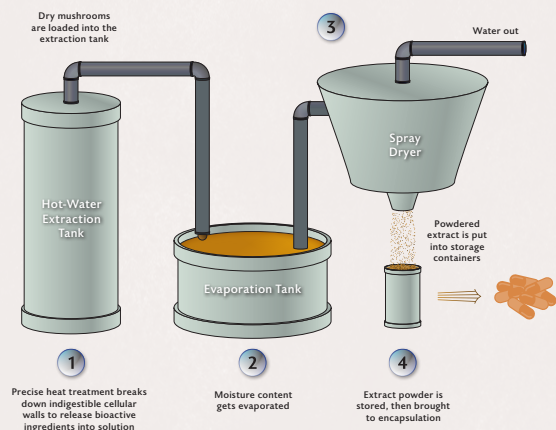
HOT-WATER EXTRACTS FOR HIGHEST THERAPEUTIC EFFECTS

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.



Make Life Better · newrootsherbal.com

THERAPEUTIC DOSAGE MADE POSSIBLE: HOT-WATER EXTRACTS



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.

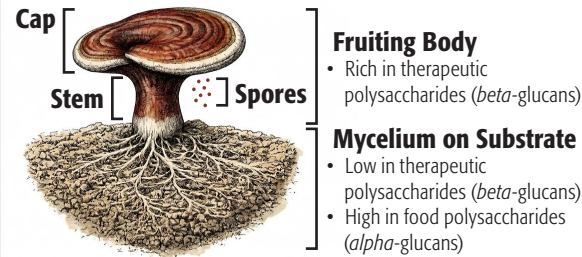
But did you know the most important factor isn't just the mushroom species—it's whether the supplement provides therapeutic polysaccharides (*beta*-glucans) in a form your body can absorb?

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.



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.