

**NEW**

FROM ALLMAX ESSENTIALS

# LION'S MANE

MENTAL FOCUS & CLARITY

BRAIN HEALTH & POWER

IMMUNITY SUPPORT



## Allmax Essentials Lion's Mane Highly Advanced Nootropic to Supercharge Your Workout

One of the most important factors in producing superior workout intensity is mental focus. The right amount of cognitive stimulation helps to ensure that motivation, clarity, mood and mental stamina are fully optimized. By taking Allmax Lion's Mane prior to hitting the gym, you are on your way to creating the right mental foundation for some serious training.

### What is Lion's Mane?

Lion's Mane, also known as *Herichium erinaceus*, hou tou gu or yabushitake, are large white, shaggy mushrooms that resemble a lion's mane as they grow. Originating from China, Lion's Mane has been enjoyed in several Asian countries for its culinary and medicinal properties.

### The Power of Lion's Mane

#### Brain Health & Power

Chronic inflammation and oxidative stress are believed to be at the root of many modern illnesses, including heart disease, cancer and autoimmune disorders. In fact, one study examining the antioxidant abilities of 14 different mushroom species found that lion's mane had the fourth highest antioxidant activity and recommended it be considered a good dietary source of antioxidants.<sup>1</sup>

#### Mental Focus & Clarity

Lion's Mane is an extremely powerful catalyst for brain cell regeneration and mental optimization.<sup>2</sup> It has also been shown to assist in alleviating brain fog, decrease anxiety, and increase mental alertness.

#### Immuno-modulator

Research also shows that these extremely versatile mushrooms are rich in fungal polysaccharides, which are shown to have immuno-modulating, properties that may help reduce the impact of chronic illnesses.<sup>3</sup>

### How to Stack Lion's Mane

On workout days, take 2 capsules as a pre-workout boost 30 minutes prior to training. On non-workout days, take 2 capsules upon waking. Combine Allmax Lion's Mane with Allmax Caffeine to increase brain function and mental alertness for the gym, the office or lecture hall.

### Bottom Line

For your body to perform at its best, you need your mind to perform at its best. Reap the benefits of a sharper mind, focus and memory with Allmax Lion's Mane. And get that added edge you need inside and outside the weightroom.

1 Abdullah, N., Ismail, S. M., Aminudin, N., Shuib, A. S., & Lau, B. F. (2012). Evaluation of Selected Culinary-Medicinal Mushrooms for Antioxidant and ACE Inhibitory Activities. Evidence-based complementary and alternative medicine : eCAM, 2012, 464238. <https://doi.org/10.1155/2012/464238>

2 Lai, P. L., Naidu, M., Sabaratnam, V., Wong, K. H., David, R. P., Kuppusamy, U. R., Abdullah, N., & Malek, S. N. (2013). Neurotrophic properties of the Lion's mane medicinal mushroom, *Herichium erinaceus* (Higher Basidiomycetes) from Malaysia. International journal of medicinal mushrooms, 15(6), 539–554. <https://doi.org/10.1615/intjmedmushr.v15.i6.30>

3 Hou, Y., Ding, X., & Hou, W. (2015). Composition and antioxidant activity of water-soluble oligosaccharides from *Herichium erinaceus*. Molecular medicine reports, 11(5), 3794–3799. <https://doi.org/10.3892/mmr.2014.3121>

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.