

What's hot... Functional Mushrooms



Wellness insiders have been reaping the benefits of functional mushrooms for years, but 2018 is set to be the year when functional mushrooms hit the mainstream, finding their way into drink mixes, baking mixes and dietary supplements and powders. Body care is set to be hot on this mushroom trend too, so look out for soaps, hair care and more this year.

Traditionally used in Asian medicine, functional mushroom varieties like reishi, chaga, cordyceps and lion's mane have been studied for their medicinal properties. Not only are they adaptogenic, meaning they can help our bodies stay in balance and deal with stress, they have anti-inflammatory properties and are packed with antioxidants. They have also been linked to boosting immunity, helping with weight loss, calming anxiety and improving cognitive function.

Here are a few of our top picks:



89253 – Jeam Turmeric & Reishi Mushroom Super Bread Mix 550g – **RSP £5.59**



90730 – Sweet Revolution Organic Instant Reishi Chai Latte 200g – **RSP £6.95**



90111 - Fushi Organic 500mg Reishi Mushroom Veg Caps 60s – **RSP £10.00**



88890 – Golden Greens Organic Mushroom Complex 50g – **RSP £10.95**



88831 – Natures Aid Organic Mushroom Complex Capsules 60s – **RSP £18.95**



71315 – Unbeelievable health Immune Support Max Capsules 20s – **RSP £11.99**



88928 - Bioglan Supergreens & Protein 280g – **RSP £29.99**



90426 – Synergy Company Pure Synergy Powder 142g – **RSP £49.70**



63248 – Tropical Wholefoods Shiitake Mushrooms 50g – **RSP £3.09**