# FUNCTIONAL PRODUCTS BASED ON MUSHROOMS



Fungi natur
SetasconPasión

Alimentos
del paraíso natural

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**We cultivate our mushrooms using a traditional Japanese method outdoors, on oak logs in the forest, to preserve their functional properties and natural benefits as much as possible.**

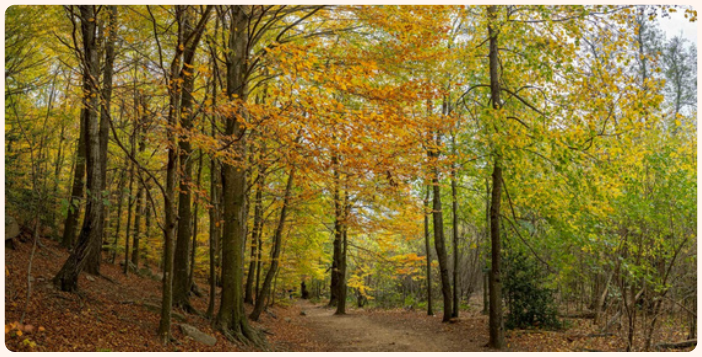












# Powdered extracts: Reishi and Lion's Mane

Taking them daily helps your body maintain balance, adapt better to the rhythm of daily life, and respond more calmly to physical and mental stress.

## Reishi powder microground




## Lion's mane powder



# • Reishi micro-ground powder

Micro-milling means grinding to minuscule particle sizes, thus achieving up to 300% higher assimilation than that of coarsely ground or granulated reishi.

## Principal benefits:

- Strengthens the immune system
- Promotes calm and emotional well-being
- Supports cardiovascular health
- Improves sleep quality
- Natural antioxidant and anti-inflammatory properties

## How to take it?

**Take one teaspoon a day (1g).**
**You can add it to your coffee, tea, smoothie, glass of hot water, plant-based milk, cocoa, etc.**



# • Lion's mane powder

## Principal benefits:

- Improves concentration and mental clarity
- Supports the nervous system and emotional well-being
- Promotes digestion and gut health
- Strengthens the immune system
- Ideal during times of stress or overload

## How to take it?

**Take one teaspoon a day (1g).**
**You can add it to your coffee, tea, smoothie, glass of hot water, plant-based milk, cocoa, etc.**



# Functional beverages: coffee and matcha tea with reishi and lion's mane

Taking it daily helps you maintain balance, sustain more stable energy, and face the pace of the day with greater clarity and calm.

## Coffee with Reishi and Lion's mane




## Matcha tea with reishi and lion's mane



# Coffee with reishi and lion's mane

**EVERYDAY COMFORT**

You don't need capsules or new routines: you already incorporate functional fungi with your morning coffee.

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**HOW MUCH CAN I TAKE?**

Each cup contains the recommended amount of mushrooms: 3g of reishi and 3g of lion's mane.

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**INTACT FLAVOR**

The fungi do not alter the flavor of the coffee. We incorporate them into an ultra-fine powder so that it is imperceptible in the cup.

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**OUR REISHI IS MICRO-GROUND**

Micro-milling means grinding to minuscule particle sizes, thus achieving up to 300% higher assimilation than that of coarsely ground or granulated reishi.

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**ORGANIC CULTIVATION**

The reishi and lion's mane mushrooms in our coffee come from organic farming and sustainable practices, thus obtaining pure mushrooms with their properties fully intact.

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# Matcha tea with reishi and lion's mane

**EVERYDAY COMFORT**

You don't need capsules or new routines: with your daily matcha tea you already incorporate functional fungi

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**HOW MUCH CAN I TAKE?**

The dose per teaspoon of matcha tea (3g of reishi + 3g of lion's mane) is equivalent to the recommended daily amount

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**INTACT FLAVOR**

The fungi do not alter the flavor of matcha tea. We incorporate them into an ultra-fine powder so that it is imperceptible in the cup.

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**OUR REISHI IS MICRO-GROUND**

This means grinding to minuscule particle sizes, thus achieving up to 300% higher assimilation than that of coarsely ground or granulated reishi.

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**OUR JAPANESE MATCHA TEA**

Our matcha tea is 100% Japanese origin, distinguished by its vibrant green color, its fine and homogeneous texture and a smooth and balanced flavor.

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# Gourmet organic preserves

Our mushrooms are cultivated in the forest itself, on oak logs, guaranteeing the highest quality and exceptional nutritional and gastronomic properties.




Alimentos
del paraiso natural

# Organic preserves

Our preserves are a healthy and gourmet food option. Rich in protein, fiber, B and D vitamins, and essential minerals.

### Pickled shiitake mushrooms

**Shiitake** mushrooms steamed and pickled **with white wine, apple cider vinegar, extra virgin olive oil, carrot, onion and garlic.**




### Shiitake mushrooms in olive oil

**Baby shiitake** mushrooms, steamed and preserved in **unfiltered extra virgin olive oil (Arbequina).**




### Maitake and shiitake paté

**Maitake and shiitake** mushrooms, **sautéed** and **slowly confited** with **fresh onion and leek, in extra virgin olive oil and Pedro Ximénez wine.**




### Dried shiitake mushrooms

Selection of the best **shiitake mushrooms, dehydrated at low temperature for 24 hours** to preserve all their flavor and natural properties.





You can write to us at **info@funginatur.com** or call us at **+34 633 896 153**. We speak Spanish and English.

For more information visit our website **www.funginatur.com**

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