



NEUROMEDITATION INSTITUTE

FAQs on Evolved Mushrooms Tinctures

How Much Should I Take?

The NeuroMeditation Institute cannot suggest or recommend specific dosages. The manufacturer, Evolved Mushrooms, suggests 1 to 2 ml (the dropper has markings), one to two times/day.* Feedback from users suggests that there is a wide variety of individual differences. Most people report using 0.5 – 3 ml per dose.

Can These Blends Treat ADHD, Anxiety, or Depression?

We are unaware of any research demonstrating the effectiveness of these blends for any mental health condition. These products are not intended to diagnose, treat, cure, or prevent any disease or mental health concern. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Are the Mushrooms in These Tinctures Psychedelic?

No. The mushrooms used in these blends do not have any psychedelic properties or effects.

What is the Research Supporting the Use of these Blends?

We are conducting quantitative EEG imaging studies to examine the impact of these tinctures on brainwave activity. To our knowledge there is no research examining the exact combination of the mushrooms and herbs in these tinctures. There is abundant research on each of the individual ingredients, supporting their use cases with the meditation styles.* For example, a recent study reported evidence that Lion's Mane mushroom can help promote neurogenesis (growing new brain cells) and enhance memory (Martinez-Marmol, et al., 2020).* Another study compared Passionflower to a placebo and found that the Passionflower group demonstrated a significant increase in total sleep time, improved sleep efficiency, and reduced waking after sleep onset (Lee, et al., 2020).*

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

References

Lee, J., Jung, H. Y., Lee, S. I., Choi, J. H., & Kim, S. G. (2020). Effects of *Passiflora incarnata* Linnaeus on polysomnographic sleep parameters in subjects with insomnia disorder: a double-blind randomized placebo-controlled study. *International clinical psychopharmacology*, 35(1), 29-35.

Martínez-Mármol, R., Chai, Y., Khan, Z., Kim, S. B., Hong, S. M., Gormal, R. S., ... & Meunier, F. A. (2020). Hericerin derivatives from *hericium erinaceus* exert bdnf-like neurotrophic activity in central hippocampal neurons and enhance memory. *bioRxiv*, 2020-08.