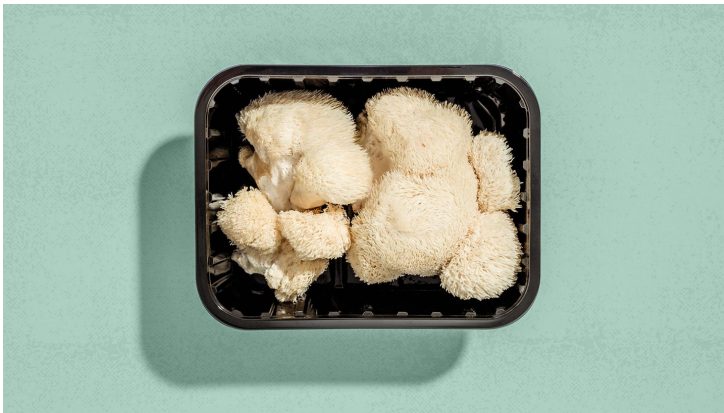


Researchers at Australia & Korea reveal effects of mushrooms on brain function

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Lion's mane mushroom improved brain cell growth and memory in pre-clinical trials: Study



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Researchers from The University of Queensland in Australia, with collaborative efforts of researchers from the Republic of Korea's Gachon University and Chungbuk National University, have discovered the active compound from an edible mushroom that boosts nerve growth and enhances memory.

"Extracts from these so-called lion's mane mushrooms have been used in traditional medicine in Asian countries for centuries, but we wanted to scientifically determine their potential effect on brain cells. Pre-clinical testing found the lion's mane mushroom had a significant impact on the growth of brain cells and improving memory", said the researchers.

According to the research team, the discovery had applications that could treat and protect against neurodegenerative cognitive disorders such as Alzheimer's disease.

The properties of lion's mane mushrooms had been used to treat ailments and maintain health in traditional Chinese medicine since antiquity.

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