

10/23/2024	Myshroom Product		Daily Dosage Observations only			
Health Challenge	The type of Blend to be used to start with	The second type of Blend to be used after <u>four weeks</u> of using the first blend	Initial dosage, see recipe for ideas for how to use it.	The dosage when consumed with a organic green vegetable or sweet potato. Make a juice or smoothie that has some green vegetables. May add any fruit or flavor of your choice.	Dosage observations reported after disease markers show an improvement, or that their disease stops growing. Consume with a green vegetable or sweet potato.	Observations: The maintenance dosage daily and after there is a full recovery, may be consumed to prevent a recurrence of diseases and any possible genetic defect from turning on
Auto Immune Diseases	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Cancers	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Bone and Muscle	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Brain and nerve damage	Immune Health	Cognitive Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Depression	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Addictions	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.) or more	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Neurological diseases	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Diabetes	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Diabetes - genetic cause	Immune Health	Immune Health	34 grams (13 to 14 tsps.)	23 grams (9 to 10 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Kidney disease including genetic cause	Immune Health	Immune Health	34 grams (13 to 14 tsps.)	23 grams (9 to 10 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Liver disease	Immune Health	Liver Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
Pain	Immune Health	Immune Health	64 grams (24 to 26 tsps.)	64 grams or more (24 to 26+ tsps.)		
When there is a very high Inflammatory response from illness	Immune Health (4 to 5 days)	Immune Health	64 grams (24 to 26 tsps.)	32 grams or more (12 tsps. or more)		
Other Diseases or illnesses	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)	16 grams (6 tsps.)	2.7 to 6 grams (2 to 4 tsps.)
<b>With No Real Health Challenge - recommended to consume one (1.3lb./590 gram retail unit or more) a year to balance the immune system, to chelate body of heavy metals and to kill parasites.</b>	Immune Health	Immune Health	32 grams (12 to 13 tsps.)	21 grams (8 to 9 tsps.)		2.7 to 6 grams (2 to 4 tsps.)
When stem cells are used as a treatment protocol: Having the patient consume the immune health blend with a dosage of 21 grams a day. It has shown to support stem cell therapy speed in recovery.	Immune Health	Immune Health	21 grams (7 to 8 teaspoons)	16 grams (6 to 7 teaspoons)		

- 1 **NOTES from collaborations and observations:** **One level teaspoon is equal to 2.5 to 2.7 grams. 12 teaspoons a day equals 4 tablespoons a day**
- 2 Please consult with your nutritionist, geneticist, dietitian or physician as to proper protocols and diet when consumed in combination with this product.  
Observations: Every patient is different and we find that some patients have a positive outcome with a small dosage versus some that need a greater dosage.
- 3 The product has no toxicity and is safe for pregnant patients.
- 4 Child dosage under 12 can be reduced by one half. You can not overdose on the product.
- 5 The product is safe for those allergic to penicillin.
- 6 Keep the product in a dry place and you can refrigerate but do not freeze the product.
- 7 The substrates used in growing the hybrid strains are organic and autoclaved before use.
- 8 PAIN Observations show that a dosage of 24 teaspoons (64 grams) or more a day with food or beverage. Observations show that no pain killer drugs may be necessary with this dosage.
- 9 It is found that there is a faster progress to support the immune system when consumed with unsweetened coconut milk in the smoothie or beverage.
- 10 The appropriate dose depends on other factors such as the user's age, health and several other conditions. Be sure to follow relevant directions on product information and consult your pharmacist or physician or other healthcare professional before using.  
The information is base on research and collaboration with many physicians and scientist that have used the hybrid strains at their universities or clinics with animals and humans
- 11 The compiled information is also from anecdotal cases where patients consumed it.
- 12 The product can be added to a skin cream and applied topically and it has been shown to support patients immune system in comas or when they can not consume the product
- 13 Many of the molecules that make up the medicinal mushroom chemistry's have a weight and size that is small enough that it can penetrate the skin when applied with oil or skin cream
- 14 The molecular structure and weight is small enough so that it penetrates the blood brain barrier and can be a catalyst with other protocols so those protocols can penetrate the blood brain barrier
- 15 Product descriptions can be found at [www.myshroom.com](http://www.myshroom.com) and [www.Mycoldiscovery.com](http://www.Mycoldiscovery.com) 888-217-3025 USA
- 16 Go to the recipe link on [mycoldiscovery.com](http://mycoldiscovery.com) for ideas on how to consume the product with a beverage, smoothie or salad.
- 17 It is recommend that you consume one fluid ounce or a tablespoon of fulvic minerals daily with the mushroom powder.
- 18 **One easy way to consume the product: two tablespoons or 16 grams of mushroom powder added and stirred/mixed in a full glass of juice or mix together two juices like 50% grapefruit juice and 50% carrot juice and add the two tablespoons of mushroom powder, twice a day.**
- 19 The products does not diagnose, treat, or cure disease. Observations only, no medical advice is given, discussion purposes only. Consult with physician.