

**BioCuria**

6-in-1 Mushroom complex of vital science backed blend of Lion's Mane, Chaga, Maitake, Shitake, Reishi and Cordyceps Extracts

Read all of this leaflet carefully before you start taking this formulation because it contains important information for you.

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What BioCuria is and what it is used for
2. What you need to know before you take BioCuria
3. How to take BioCuria
4. Possible side effects
5. How to store BioCuria
6. Contents of the pack and other Information

#### 1. What BioCuria is and what it is used for

BioCuria is a blend of 6-in-1 mushroom complex i.e. Lion's Mane, Chaga, Maitake, Shitake, Reishi and Cordyceps Extract which is having beta-glucan-rich polysaccharides, as well as plant sterols and triterpenes which have been studied extensively for their role in enhancing the immune response, improve energy levels, support brain health, manage stress, and provide antioxidant protection, making BioCuria a comprehensive solution for overall health and well-being.

#### 2. What you need to know before you take BioCuria

Do not take BioCuria:

- if you are allergic to any of the ingredients in the formulation.

Warnings and precautions

Visit your doctor to rule out any underlying conditions.

If you are taking other medication, you should consult your doctor before taking BioCuria.

You must talk to your doctor or pharmacist if you feel worse during use of this product, or if your symptoms do not improve.

Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

Other medicines and BioCuria

- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including health supplements such as BioCuria.

Pregnancy and breast-feeding

If you are pregnant or breast feeding your baby, please consult your health care provider for advice before taking BioCuria. Safety in pregnancy and when breastfeeding has not been established.

Driving and using machines

If you feel affected do not drive or use machinery.

#### 3. How to take BioCuria

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Take 2 Capsule daily after food or as directed by Physician.

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

Consult a healthcare provider for long-term use or dosing recommendations for specific health concerns.

If you take more BioCuria than you should

If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take BioCuria

Don't worry about the missed dose. Take the next dose as usual.

If you feel BioCuria isn't working

See your doctor if your symptoms worsen or do not improve.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### 4. Possible side effects

Like all medicines, BioCuria can cause side effects, although not everybody gets them.

Adverse reactions to BioCuria are uncommon. Possible adverse reactions may include:

Dry mouth, nausea, upset stomach, headache and dizziness.

If you notice any side effects, discontinue use and tell your doctor or pharmacist.

#### 5. How to store BioCuria

Keep this product out of the sight and reach of children. This product does not require any special storage conditions.

Do not use this product after the expiry date which is stated on the label and the carton.

Do not use this product if you notice a change in appearance.

Do not throw away any product via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### 6. Contents of the pack and other information

What BioCuria contain

- Lion's Mane Mushroom (8:1 Extract), Chaga Mushroom (4:1 Extract), Maitake Mushroom (5:1 Extract), Shitake Mushroom (5:1 Extract), Cordyceps Mushroom (4:1 Extract), Reishi Mushroom.

What BioCuria looks like and contents of the pack

Pack sizes: 120 Capsules.

UK:  
NBH&S Limited  
New Bath Road, Matlock Bath DE3 4PX

IE/EU:  
Bioreva Sciences Ltd  
Unit A4, Gem Park,  
Athlone Road, Longford, Republic of Ireland

#### References

1. <https://www.forbes.com/health/supplements/mushroom-supplement/>
2. <https://www.theguardian.com/society/2019/jan/16/mud-wtr-mushroom-water-co-ee-health-benefits>
3. <https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies/individual-therapies/mushrooms-in-cancer-treatment>
4. <https://vita-nuova.com/products/mushroom-complex-6-chaga-cordyceps-shiitake-reishi-lion-s-mane-maitake-high-strength?srsltid=AfmBOoUJnZz-Sd-SURvXhzfQfOW9ZTAsgjC7yziG67EvqRdPcjAE4>
5. <https://www.acslab.com/mushrooms/functional-mushrooms-lions-mane-cordyceps-and-reishi>
6. [https://ukrainashop.com/en\\_US/p/Reishi-mushroom%2C-Shiitake%2C-Maitake%2C-120-capsules/16001?srsltid=AfmBOorEeU1-3tLhdBcyWxKfZXIKTfwPjrsUrh5\\_jpYyXwg3cm-ulg\\_](https://ukrainashop.com/en_US/p/Reishi-mushroom%2C-Shiitake%2C-Maitake%2C-120-capsules/16001?srsltid=AfmBOorEeU1-3tLhdBcyWxKfZXIKTfwPjrsUrh5_jpYyXwg3cm-ulg_)