

Medicinal Mushroom Chart

Species comparison - mechanisms of action & therapeutic indications



MG-ZL8™ – The ALL-IN-ONE Powerhouse



✓ MG-LZ8 Antler Extract (Gold) ✓ Six well-known Mushrooms (Green) ✓ Extended species/Stamets (Light Green)

ORIGINAL PAUL STAMETS RESEARCH – ESTABLISHED INDICATIONS

MUSHROOM GURU RESEARCH ADDITIONS – EXTENDED MECHANISMS

The number below each ailment corresponds to the **AILMENTS & SPECIES REFERENCE BOOKLET**

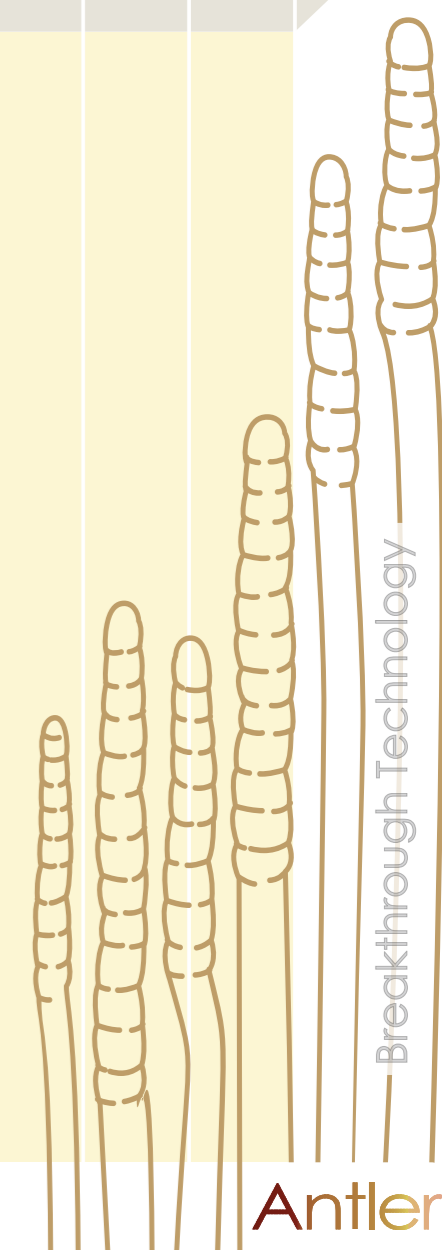
Species	ORIGINAL PAUL STAMETS RESEARCH – ESTABLISHED INDICATIONS																	MUSHROOM GURU RESEARCH ADDITIONS – EXTENDED MECHANISMS							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	Anti-bacterial	Anti-candida	Anti-inflammatory	Anti-oxidant	Anti-tumour	Anti-viral	Blood pressure	Blood sugar	Cardiovascular	Cholesterol	Immune system	Kidney tonic	Liver tonic	Lungs / Respiratory	Nerve tonic	Sexual potentiator	Stress reducer	Epigenetic repair	Neuroplasticity	Gut microbiome	Tissue & fascia repair	HPA axis / Cortisol	Fibrinolytic activity	IL-2 amplification	Myeloperoxidase activation
MG-LZ8™ <i>Ganoderma lucidum</i> Antler - dual extract • All-in-one • 400+ compounds • 12x potency	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

THE SIX SPECIALISTS – INDIVIDUAL MECHANISMS OF ACTION

Lion's Mane <i>Hericium erinaceus</i>	✓		✓		✓														✓						
Cordyceps <i>Cordyceps militaris</i>	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓								
Chaga <i>Inonotus obliquus</i>	✓		✓	✓	✓	✓		✓			✓		✓												
Reishi — Conk <i>Ganoderma lucidum (standard)</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					✓			
Turkey Tail <i>Trametes versicolor</i>	✓	✓		✓	✓	✓					✓	✓	✓							✓					
Maitake <i>Grifola frondosa</i>					✓	✓	✓	✓			✓														✓

EXTENDED SPECIES – PAUL STAMETS RESEARCH

Royal Sun Blazei <i>Agaricus brasiliensis</i>					✓	✓		✓		✓	✓														
Amadou <i>Fomes fomentarius</i>	✓					✓																			
Agrikon <i>Fomitopsis officinalis</i>	✓		✓			✓																			
Artist Conk <i>Ganoderma applanatum</i>	✓		✓		✓									✓											
Oregon Polypore <i>Ganoderma oregonense</i>	✓				✓				✓		✓			✓	✓										
Shiitake <i>Lentinula edodes</i>	✓	✓			✓	✓	✓	✓		✓	✓	✓							✓	✓					
Mesima <i>Phellinus linteus</i>	✓		✓		✓	✓																			
Birch Polypore <i>Piptoporus betulinus</i>	✓		✓			✓					✓														
Pearl Oyster <i>Pleurotus ostreatus</i>	✓		✓			✓	✓			✓	✓	✓								✓					
Chicken of the Woods <i>Polyporus sulphureus</i>	✓																								
Zhu Ling <i>Polyporus umbellatus</i>	✓		✓		✓	✓					✓		✓	✓											
Split Gill Polypore <i>Schizophyllum commune</i>		✓				✓	✓																		



Antler

Ref: Paul Stamets — Mycelium Running (2005) • Extended mechanism columns: Mushroom Guru proprietary research | Vetvicka V. (2018) • EWAS Psilocybin Study (2025) | MG-LZ8™ pre-clinical validation: Prof. Vaclav Vetvicka PhD • University of Louisville, KY

info.mushroomguru.co.za