



## PATIENT & CAREGIVER EDUCATION

# Lion's Mane Mushroom

This information describes the common uses of Lion's Mane Mushroom, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

Lion's mane mushroom is used in East Asian medical systems to improve general health. It also comes as dietary supplements in capsules, powders and liquid extracts.

## What are the potential uses and benefits?

Lion's mane is used to:

- Improve memory
- Improve mood

- Reduce stress

Lion's mane also has other uses that haven't been studied by doctors to see if they work.

It's generally safe to use lion's mane in food and tea but talk with your healthcare providers before taking lion's mane supplements. Herbal supplements are stronger than the herbs you would use in cooking.

They can also interact with some medications and affect how they work. For more information, read the "What else do I need to know?" section below.

## What are the side effects?

Side effects of using lion's mane may include:

- Abdominal discomfort
- Nausea (feeling like you're going to throw up)
- Skin rash

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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