

Mushroom Dosage & Timing Cheat Sheet

Commonly used amounts for quality dual-extracted fruiting body extracts, and when to take each species. Raw mushroom powder is not the same thing; typical label doses for it are far higher because so little is bioavailable.

SPECIES	EXTRACT CAPSULES	EXTRACT POWDER	BEST TIME	WITH FOOD?	PAIRS WELL WITH
Lion's Mane <i>Hericum erinaceus</i>	500–1,000 mg	1–2 g	Morning	Fine on an empty stomach; take with food if sensitive	Coffee, L-theanine
Cordyceps <i>Cordyceps militaris</i> / CS-4	500–1,000 mg	1–2 g	Morning, or 30–60 min before training	Either works	Pre-workout routines, Lion's Mane
Reishi <i>Ganoderma lucidum</i>	500–1,000 mg	1–2 g	Evening, 30–60 min before bed	With food if you notice stomach upset	Warm milk or chai as a night-time ritual
Chaga <i>Inonotus obliquus</i>	500–1,000 mg	1–2 g	Morning or midday	With food is gentler	Coffee (earthy, low bitterness)
Tremella <i>Tremella fuciformis</i>	500–1,000 mg	1–2 g	Any time	Either works	Smoothies; dissolves easily
ABM <i>Agaricus blazei</i> Murill	500–1,000 mg	1–2 g	Morning, with breakfast	With food	Daily blends alongside Reishi

The one rule that matters more than dosage

Consistency. Functional mushrooms build gradually; daily use for 8–12 weeks is the honest assessment window. A moderate dose taken every day outperforms a large dose taken occasionally.

Starting out

- Begin at the lower end for the first week
- Add one species at a time so you know what does what
- Same time each day; anchor it to an existing habit

Quality check

- Fruiting body extract, not mycelium on grain
- Beta-glucan percentage stated (not just "polysaccharides")
- Third-party COA available for the exact batch

Good to know

- Powders mix best pre-dispersed in a small amount of liquid
- Capsules and powders are equivalent at matched doses
- Taking a day off occasionally is fine; weeks off resets progress