

MUSHROOM BIOSCIENCE

The most concentrated formula of organic medicinal mushroom extracts, probiotics, natural vitamins and minerals.

All the potential and goodness of nature.



At Hifas da Terra we are committed to a new way of understanding health that is patient centred. Applying knowledge of the natural world and understanding the individual's specific needs. Our main mission is based on the development of a wide range of nutraceuticals, adapting concentrations and recommended daily doses to achieve beneficial effects on the body.

Hifas da Terra was born more than 23 years ago, the result of more than 50 years of intense research in the field of mycology, with the aim of shining a light to the concept of integrative health. This term combines the benefits of classical medicine with the extraordinary power of natural medicine. Integrative medicine also takes into account other aspects of the patient on different levels (physiological, psychological, nutritional, etc.).

At Hifas da Terra we are Mycologists, specialists in fungi, we study their components, their properties, their capacities and we apply them to the development of products that improve our health.

We know that disease sometimes appears as a consequence of poor eating habits and an unhealthy lifestyle, which can lead to a weakened immune system which is also associated with the severity of effects associated with some treatments. Thanks to our extensive knowledge of fungi and their health benefits, and our research team - made up of doctors, biologists and pharmacists - together with research centres and alliances with national and international institutions, we offer increasingly innovative therapies that are also compatible with most conventional treatments.

## **WHAT IS MYCOTHERAPY??**

Mycotherapy, understood from its Greek etymology (mike: fungus and theiros: therapy) is the specific therapy utilising the Fungi kingdom and fungi as medicinal elements.

We created the term Mycotherapy in 2006, a term that is now used worldwide to refer to utilising mushrooms - or fractions

of these - for health purposes, both in prevention and for integrative therapeutic use with various pathologies.

## **WHAT IS THE MICO-ONCO CARE LINE??**

The Mico-Onco Care line consists of nutraceuticals with a high concentration of pure extract and mushroom powder, both organically produced and standardised, combining the beneficial properties of some of the most studied species for their medicinal properties: Reishi (*Ganoderma lucidum*), Sun Mushroom (*Agaricus blazei*), Maitake (*Grifola frondosa*), Lion's Mane (*Hericium erinaceus*), Shiitake (*Lentinula edodes*), *Cordyceps sinensis*, *Polyporus umbellatus*, *Pleurotus ostreatus* and *Pleurotus eryngii*.

## **HOW DOES THE MICO-ONCO CARE LINE HELP US? ?**

The Mico-Onco Care line is a set of exclusive formulations designed to suit the specific needs of patients containing a wide variety of bioactive components from mushrooms that are beneficial to their health:  $\beta$ -glucans,  $\alpha$ -glucans, triterpenes, oligosaccharides, proteins, natural antioxidants, essential amino acids, trace elements, vitamins, minerals, etc. with benefits for health and maintenance of an adequate quality of life and nutritional status.

## **WHAT DOES QUALITY OF LIFE MEANS?**

Quality of life encompasses physical, psychological and social aspects such as one's emotional state, human relationships, concern for the future, body image, etc., which can benefit from a good diet and adequate nutrition.

## **WHY IS IT IMPORTANT TO IMPROVE OUR NUTRITIONAL STATUS AND WHAT ARE THE BENEFITS?**

Malnutrition is a complex phenomenon that can have multiple causes: anorexia, medication, illness, immobilisation, infections, digestive disorders - nausea, vomiting, constipation, swallowing challenges, etc. - with important consequences for health.

A correct nutritional status will help to:

- Improve tolerance to treatment and/or reduce treatment-re-

lated complications.

- Improve the response of our defence (immune) system to disease and thereby also reduce the risk associated with diseases.
- Increase physical activity, mobility, etc., reducing periods of convalescence.
- Favour a more adequate psycho-emotional state, reducing depression, asthenia, anxiety, etc.
- Maintain proper balance (homeostasis) and proper functioning of organs and systems.

## HOW TO TAKE MICO-ONCO?

**Take on an empty stomach in the morning**



**dose of 0.15 ml/ per 1 kg + 1 capsule after ingesting the liquid**

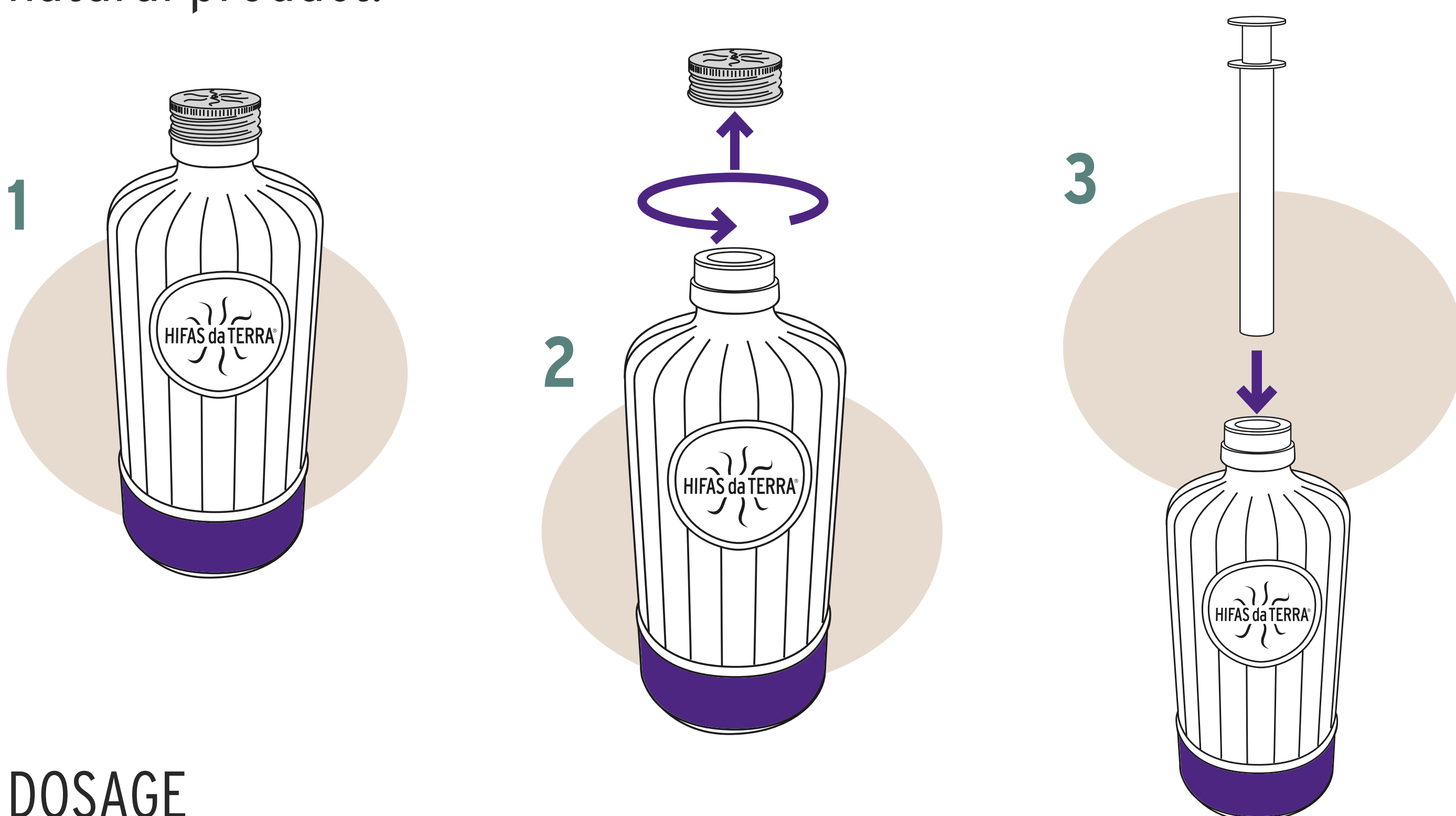
# INSTRUCTIONS FOR USE

## OPENING

### The Fermented live liquid

Do you hear gas coming out of the product? This indicates that you are dealing with a natural live fermented product containing beneficial probiotic bacteria that are breathing. So treat it with care.

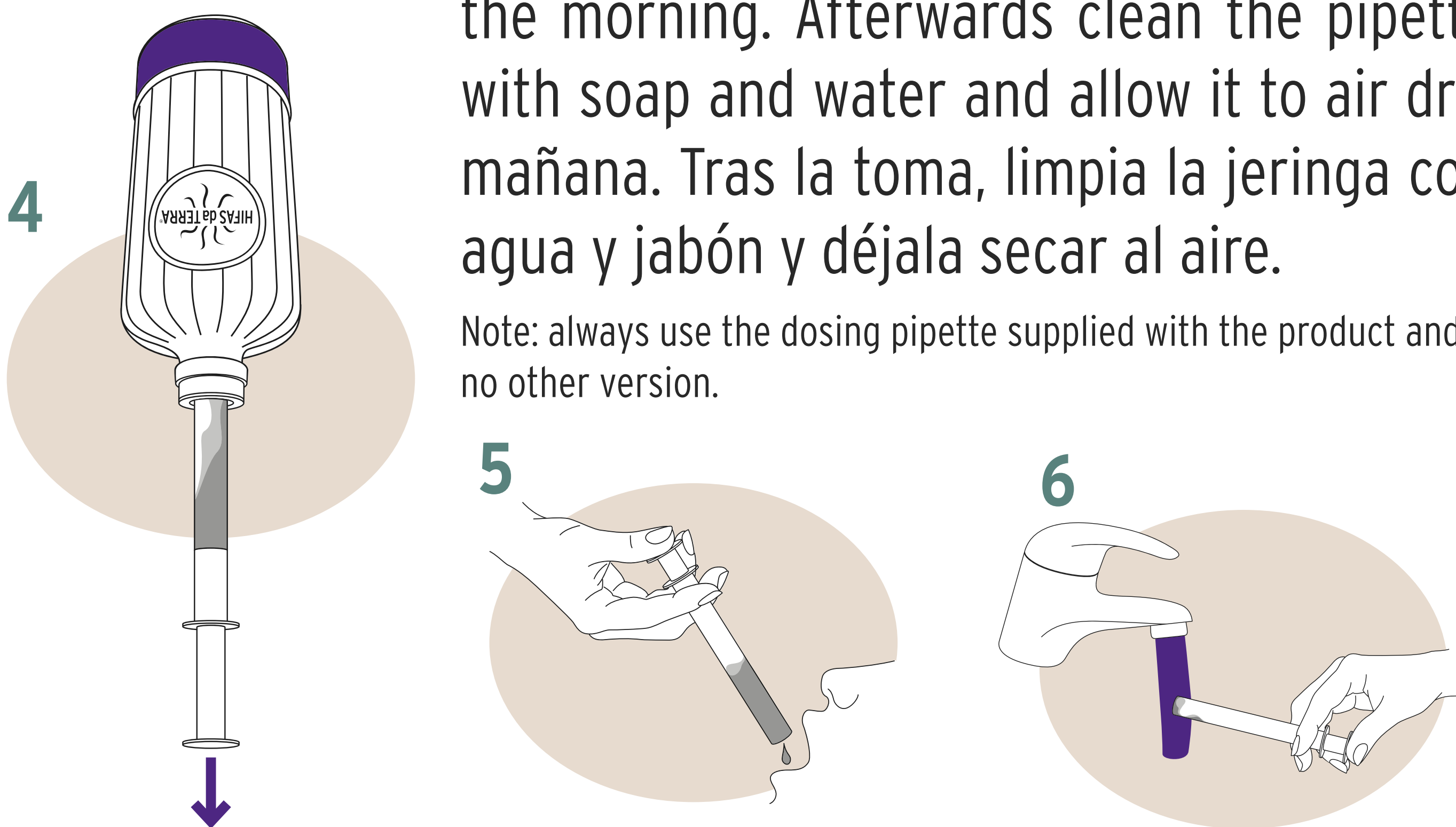
If you notice slight variations in the taste, colour or smell of your product, rest assured that it is still in perfect condition. These variations simply indicate that you are dealing with a natural product.

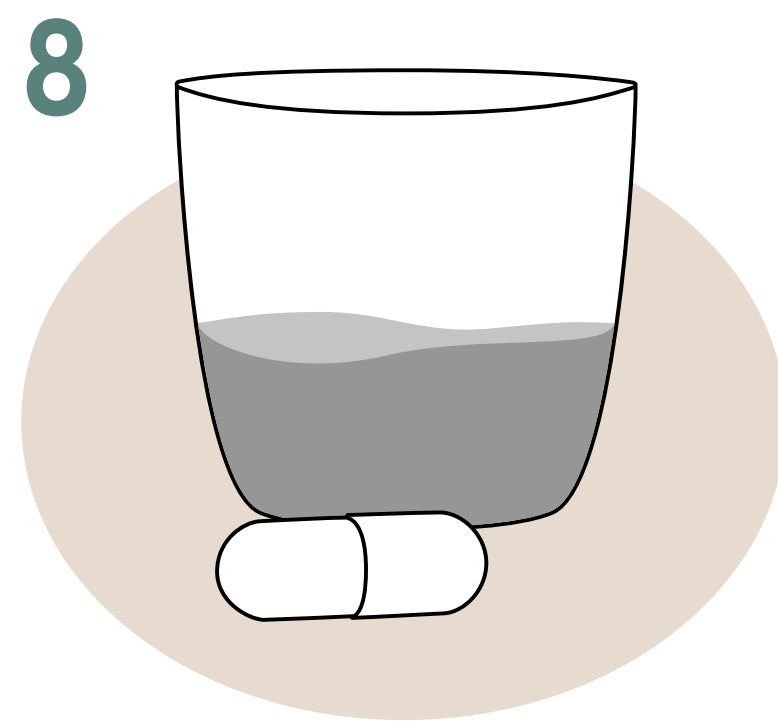
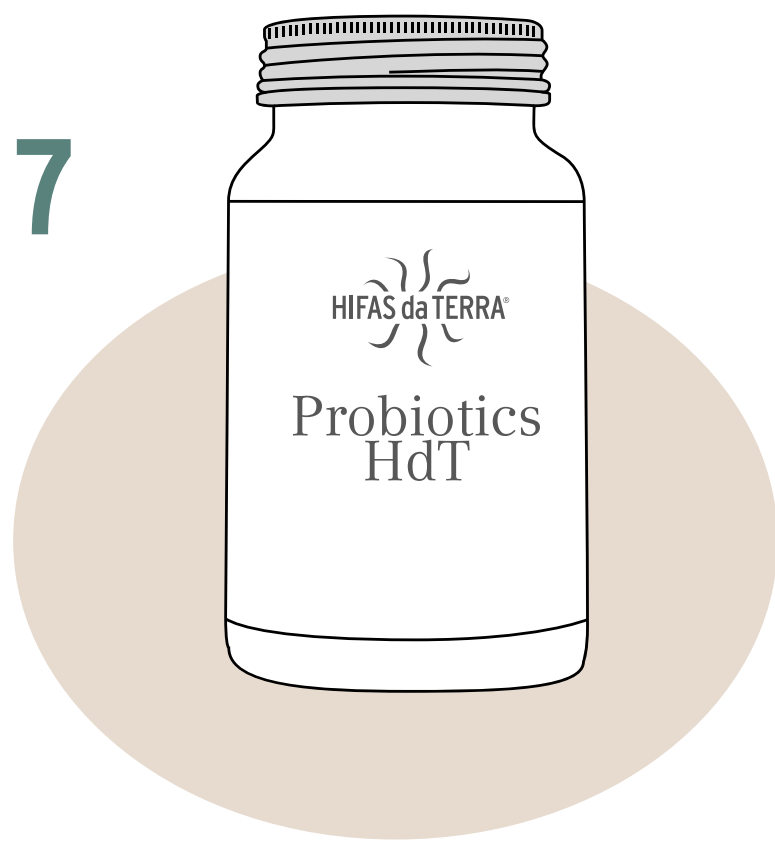


## DOSAGE

The new dosing pipette allows you to take a dose tailored exactly to your weight. With a clean, dry pipette, carefully draw 0.15 ml/ per 1 kg body weight and take on an empty stomach in the morning. Afterwards clean the pipette with soap and water and allow it to air dry. mañana. Tras la toma, limpia la jeringa con agua y jabón y déjala secar al aire.

Note: always use the dosing pipette supplied with the product and no other version.





## PROBIOTICOS HdT

1 capsule per day, with a glass of water, after taking the fermented liquid.

## **STORAGE AND PREFERENTIAL CONSUMPTION**

Once opened, close the bottle tightly, store in the refrigerator (between 2 and 8 °C) and preferably use within 40 days.

Note: fermentation is one of the oldest methods of food preservation, a powerful symbiosis that is able to inhibit contamination during the preferential consumption period.

If in doubt, please contact us:  
(+44) 787 930 6510 / [health@hifasdaterra.com](mailto:health@hifasdaterra.com)

**For further details across our range of products please visit:**  
**[www.hifasdaterra.co.uk](http://www.hifasdaterra.co.uk)**

# Mico-Inco



## Ingredients per dose (10.5 mL):

Water, organic agave nectar,  $\gamma$ -cyclodextrin, fructo-oligosaccharides (90% inulin) (4.2%), *Cordyceps sinensis* extract (3.2%), organic *Ganoderma lucidum* extract (3.2%), organic *Lentinula edodes* extract (3.2 %), organic extract of *Polyporus umbellatus* (3.2%), organic extract of *Agaricus blazei* (2.5%), phosphatidylserine (contains soya), flavour enhancer (glycine), organic extract of *Grifola frondosa* (2.4%), organic extract of *Hericium erinaceus* (2.4%), organic extract of *Inonotus obliquus* (2.4%), (*Malpighia glabra* L.) organic acerola juice concentrate (1.7%), sweeteners (xylitol, sucralose), acidity regulator (citric acid), L-ascorbic acid, strawberry flavouring, vanilla flavouring, preservatives (potassium sorbate), nicotinamide, cholecalciferol, selenium methionine, calcium pantothenate, retinol, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, folic acid, sodium selenite, biotin, cyanocobalamin.

## BIOACTIVE SUBSTANCES

10.5 mL (aprox. 70 kg)

<i>Cordyceps sinensis</i> extract	<b>400 mg</b>
<i>Ganoderma lucidum</i> Organic extract	<b>400 mg</b>
<i>Lentinula edodes</i> Organic extract	<b>400 mg</b>
<i>Polyporus umbellatus</i> Organic extract	<b>400 mg</b>
<i>Agaricus blazei</i> Organic extract	<b>315 mg</b>
<i>Grifola frondosa</i> Organic extract	<b>300 mg</b>
<i>Hericium erinaceus</i> Organic extract	<b>300 mg</b>
<i>Inonotus obliquus</i> Organic extract	<b>300 mg</b>
Organic acerola concentrate ( <i>Malpighia glabra</i> L.)	<b>210 mg</b>

## INFORMACIÓN NUTRICIONAL

(aprox. 70 kg) 10.5 mL

Vitamin A	<b>200 µg</b> (25% NRV*)
Vitamin B1	<b>0.55 mg</b> (50% NRV*)
Vitamin B2	<b>0.7 mg</b> (50% NRV*)
Vitamin B3	<b>8 mg</b> (50% NRV*)
Vitamin B5	<b>3 mg</b> (50% NRV*)
Vitamin B6	<b>0.7 mg</b> (50% NRV*)
Vitamin B7	<b>25 µg</b> (50% NRV*)
Vitamin B9	<b>100 µg</b> (50% NRV*)
Vitamin B12	<b>1.25 µg</b> (50% NRV*)
Vitamin C	<b>40 mg</b> (50% NRV*)
Vitamin D3	<b>20 µg</b> (400% NRV*)
Selenium	<b>45 µg</b> (82% VRN*)

NRV\*: Nutrient Reference Values

## PROBIOTICS HdT

Ingredients per capsule (460 mg): maltodextrin, coating agent (hydroxypropyl methylcellulose, water), *Lactobacillus brevis*, *Lactobacillus plantarum*.

## COMPOSITION TABLE

**1 CAPSULE**

<i>Lactobacillus brevis</i>	87.5 mg (proporciona 1000 millones UFC*)
<i>Lactobacillus plantarum</i>	20.5 mg (proporciona 1000 millones UFC*)

CFU\*: Colony Forming Units



Keep in original packaging at room temperature.

Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle.

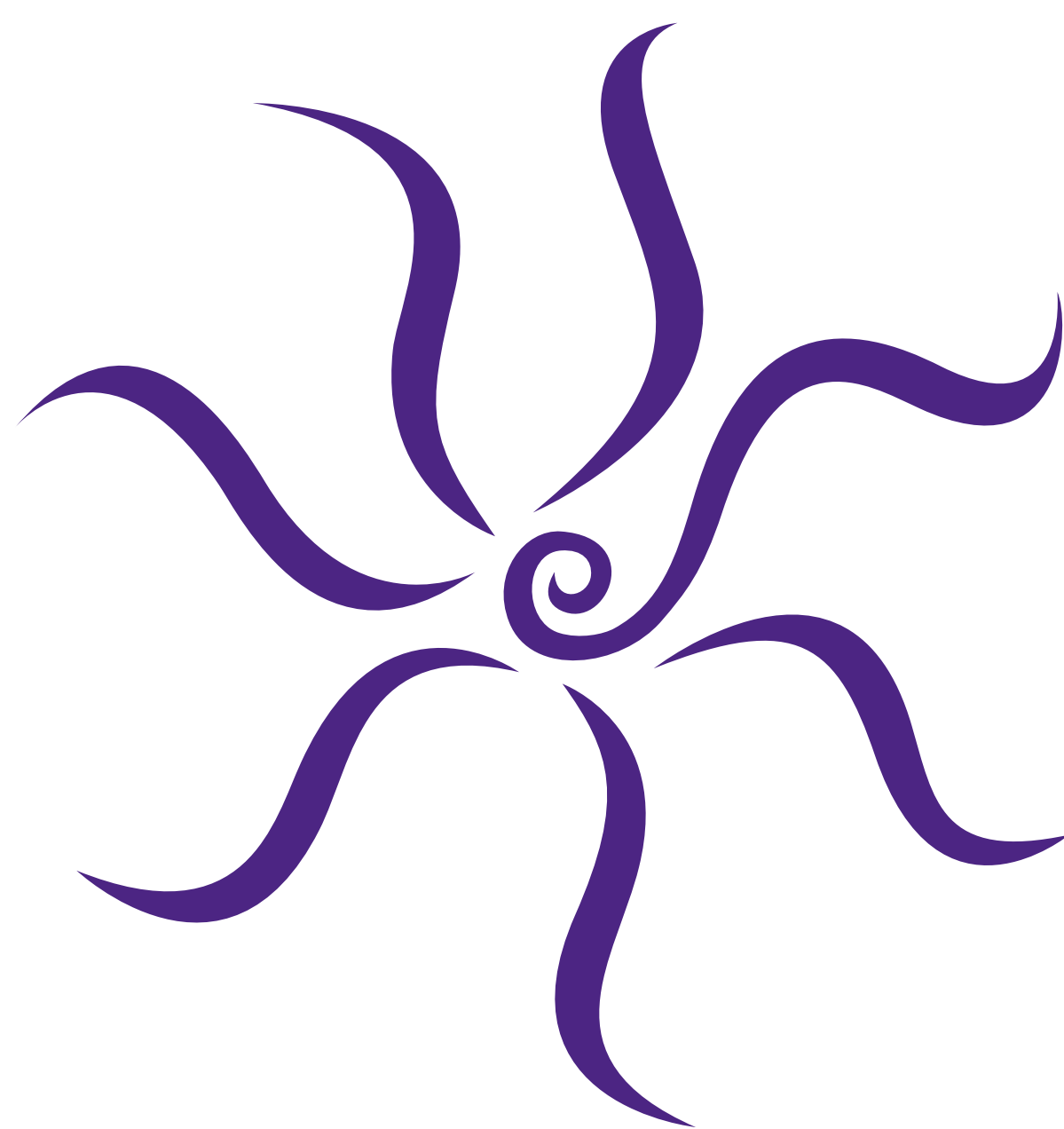
Do not exceed the recommended daily dose. Keep out of the reach of young children.

The product should not be used in case of hypersensitivity or allergy to any of the ingredients.

Do not consume if the seal is damaged or broken.

Myco-)nco: Once opened, close the bottle tightly, store refrigerated (between 2 - 8 °C), and preferably consume within 40 days.

Batch and Consume preferably before the end of: see packaging.



**Formulated and manufactured by:**

Hifas da Terra S. L.

Portamuiños 7, Bora 36154

Pontevedra, Galicia - España

+34 986 861087