



DIMENSIÓN FUNGI · USAGE MANUAL

Turkey Tail

How to take it depending on what you're after, at what time of day, and which habits to pair it with so it actually pays off.

CONTENTS

1. What Turkey Tail is
2. How to take it
3. Depending on your goal
4. How to combine it
5. Questions
6. The studies behind this manual

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1 What Turkey Tail is

Turkey tail (*Trametes versicolor*) owes its name to its shape: fans of coloured rings growing on fallen trunks, much like a turkey's spread tail. It is probably **the most researched functional mushroom in the world** — its polysaccharides have been studied in Japan for decades — and day to day, people take it for two things: **immune support** and **gut health**.

What sets it apart are its protein-bound polysaccharides (**PSK and PSP**), the family of compounds it became famous for. And something rarely told: it's also one of the few mushrooms with a study in healthy people showing a **prebiotic** behaviour — it feeds the good bacteria already living in your gut.

Some honesty up front: much of this mushroom's research was done in clinical contexts very different from that of someone who simply wants to look after themselves. In this manual we lean on what was actually studied in healthy people, and we tell you in each case where it comes from.

2 How to take it

Our general recommendation is **1 to 2 capsules a day**. One is a good starting point if you've never taken it; two is the usual once you know how it sits with you and you're after a sustained effect.

1 capsule a day

To start out, or as background accompaniment. Take it in the morning, with or without food.

2 capsules a day

When you're after something specific: sustained immune or microbiota support. Together in the morning, or split.

With food or without?

Either works. If you take it for the microbiota it makes sense to pair it with breakfast — it arrives along with the fibre from the rest of the meal, which is also what your good bacteria live on.

Why in the morning?

More out of habit than clockwork: it neither wakes you nor calms you, so technically any hour works. Morning wins because it's when you forget least, and in a mushroom whose value lies in consistency, not forgetting it *is* the mechanism.

For how long?

The studies in healthy people worked with **6 to 8 weeks**. As a practical benchmark, give it that stretch before drawing conclusions. It needs no breaks or cycles: it can be taken continuously.

About the amount: the research used from 3 to 9 grams a day of its own preparations, which aren't directly comparable to our capsules. The 1-to-2-a-day recommendation is meant for daily use that's sustainable over time.

3 Depending on your goal

Not everyone takes it for the same reason. Find your goal below: you'll get when to take it, what to expect and — above all — which habits to pair with it. The mushroom does one part; the rest is what you build around it.

1

Immune support

«I want to support my defences in the background»

This is what the mushroom is famous for. In the human dosing study, an increase in lymphocytes and higher activity of NK cells — the ones that patrol the body — was observed, with good overall tolerance. It's background support built over weeks, not something to take the day you wake up unwell.

WHEN TO TAKE IT

In the morning, every day

HOW MUCH

2 capsules, sustained

Timeframe: Six weeks was the reference study's window. Think of it as daily accompaniment for a season, not a one-off rescue.

HABITS THAT PAIR WITH IT

- Sleep 7 to 8 hours — the variable that weighs most on defences and the most neglected
- Eat vegetables of several colours across the week, not always the same ones
- Move daily, without living in a state of exhaustion
- Look after sustained stress: staying on alert all the time wears down exactly what you're trying to protect

Backing: ISRN Oncology, 2012 · BMC Complementary and Alternative Medicine, 2019

Gut health

«I want to look after my digestion and my microbiota»

Its least known case and one of the best measured in healthy people: eight weeks of its polysaccharide produced consistent changes in the microbiota, with a **prebiotic** behaviour — rather than bringing bacteria in from outside, it feeds the good ones you already have. The study even compared it against an antibiotic, which did exactly the opposite.

WHEN TO TAKE IT

In the morning, with breakfast

HOW MUCH

1 to 2 capsules

Timeframe: Eight weeks. And an honest expectation: the changes were measured in the microbiota's composition, not as «the heaviness went away» — that depends on far more than a supplement.

HABITS THAT PAIR WITH IT

- Varied fibre every day: legumes, oats, fruit and vegetables — it's what your good bacteria eat
- Fermented foods through the week (yogurt, kefir, sauerkraut): they add diversity from the other side
- Enough water through the day — fibre without water backfires
- Eat at regular hours: the microbiota has a rhythm too, and chaotic schedules disorder it

Backing: Gut Microbes, 2014 · Journal of Agricultural and Food Chemistry, 2013

Demanding seasons

«I want background reinforcement for stretches that ask more of me»

Back-to-back travel, weather changes, virus season at home or at the office, weeks of short sleep: the moments when people feel they need to «raise the guard». Here turkey tail works as sustained support through that stretch — starting *before* it if you can see it coming, because its effect builds over weeks.

WHEN TO TAKE IT

In the morning, through the season

HOW MUCH

2 capsules a day

Timeframe: Ideally start 2 to 4 weeks before the demanding season and hold it through. Taking it the day the trouble started is arriving late.

HABITS THAT PAIR WITH IT

- Protect your sleep even when the schedule squeezes: it's the first thing sacrificed and the most expensive
- Wash your hands more than you think necessary in virus season — the boring stuff works
- Don't stop moving because you're busy: a 20-minute walk holds you up more than it seems
- Real food even in chaotic weeks, however simple: eggs, rice and fruit beat ordering in

4 How to combine it

Turkey tail gets along with the rest of our mushrooms, and since it neither wakes nor calms, it fits any hour. The simple rule: **what wakes you up goes in the morning, what calms you goes at night.**

With Shiitake

The immune duo: both have been studied down that path and they go together in the morning without getting in each other's way.

With Reishi

Turkey tail in the morning, reishi at night. Immune support from both ends of the day.

With Lion's Mane

For anyone looking after gut and head at once — it's ever clearer that the gut and the mood talk to each other.

With Chaga

Both in the morning: immune support on one side, an antioxidant profile on the other.

5 Questions

Why is it called turkey tail?

Because of its shape: it grows in fans of concentric coloured rings — browns, greys, blues — that look like a turkey's spread tail. Nothing to do with the bird: it's 100% mushroom.

Is it useful if I'm already sick?

Don't think of it that way. It's background support built over weeks of consistency, not a treatment or something that acts in days. If you're sick, the right move is to get checked; turkey tail accompanies background care, it doesn't replace the visit.

Is it the same as a probiotic?

No, and the difference matters: a probiotic brings bacteria in from outside; turkey tail acts as a **prebiotic** — it feeds the good ones already living in you. Which is also why they get along: they don't compete, they work in different layers.

How long until I feel something?

This is a background mushroom: the studies measured changes at 6-8 weeks, and several of those changes aren't ones you «feel» — they were measured in blood or in the microbiota. If you expect a noticeable effect in the first week, this isn't the mushroom for that.

Can I take it with coffee?

Yes, no problem. They don't compete or get in each other's way.

How long does a bottle last?

It depends on the presentation and on whether you take 1 or 2 a day. In **the Dimensión Fungi app** (guias.dimensionfungi.com.co/en/app/) you can log your routine and it warns you when the bottle is running low, so you don't run out midway.

Does it need cycles or breaks?

No. Unlike our microdoses, turkey tail can be taken continuously, with no scheduled pauses.

Can I take it alongside other mushrooms?

Yes, that's the most common thing. See the combinations section: the idea is to spread them across the day, not to stack them all into the same dose.

Can I take it if I'm under medical treatment?

Check with your doctor first, especially if the treatment touches the immune system. Much of this mushroom's fame comes precisely from being researched alongside treatments — and that's exactly the reason to coordinate it with whoever manages yours, not to add it on your own.

6 The studies behind this manual

Everything this manual says about timing and windows comes from these papers. Each one has its own page with what it measured, in how many people and what it found — including which population it was studied in, which isn't always the same as the one taking it — and from there you can go to the original article.

Micelio de cola de pavo y activación de células inmunes en laboratorio

En cultivos de células inmunes humanas, las fracciones acuosa y sólida del micelio de cola de pavo activaron el marcador CD69 en linfocitos y monocitos, incluyendo las subpoblaciones T, NKT y NK.

guias.dimensionfungi.com.co/estudios/cola-de-pavo-activacion-inmune/

Cola de pavo y microbiota intestinal en voluntarios sanos

En 24 voluntarios sanos, ocho semanas de polisacárido-péptido de cola de pavo produjeron cambios consistentes en la microbiota intestinal, con un comportamiento prebiótico, frente a un grupo con amoxicilina y uno control.

guias.dimensionfungi.com.co/estudios/cola-de-pavo-pallav-2014/

Cola de pavo y microbiota: qué pasa en el modelo de laboratorio

Estudio in vitro que expuso microbiota fecal humana a extracto de cola de pavo y observó cambios en la composición bacteriana, favoreciendo determinados grupos frente a otros.

guias.dimensionfungi.com.co/estudios/cola-de-pavo-microbiota-invito/

Cola de pavo: estudio de dosis, tolerancia y células NK

Estudio de escalada de dosis con 3, 6 y 9 gramos diarios durante seis semanas. Se observó aumento de linfocitos con 6 y 9 g y mayor actividad de células NK con 6 g, con buena tolerancia general.

guias.dimensionfungi.com.co/estudios/cola-de-pavo-dosis-seguridad/

Still have questions?

Message us and we'll help you choose based on what you're after.

WhatsApp +57 324 440 0734

Read it in full at

guias.dimensionfungi.com.co/en/manual-cola-de-pavo/

This manual is informational material about a wellness product. It does not replace guidance from a health professional.