



DIMENSIÓN FUNGI · USAGE MANUAL

Lion's Mane

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.

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1 What Lion's Mane is

Lion's mane (*Hericium erinaceus*) is an edible mushroom you can spot by its shape: a cascade of white strands, much like a mane. It has been used for centuries in Asian cooking and tradition, and today people take it mostly for its link to **mental clarity**.

What sets it apart are two families of compounds of its own — **hericenones** and **erinacines** — which don't show up in the other functional mushrooms. Research has focused on them to explain why people who take it consistently report a clearer head.

It is not a stimulant. You won't feel a jolt the way you do with coffee: what people describe is more like **background noise turning down**, and that shows up over weeks, not with the first capsule.

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, to hold on to what you've already gained, or if you're sensitive to supplements. Take it in the morning.

2 capsules a day

When you're after a specific, sustained goal. Take them together in the morning or split them between morning and midday.

With food or without?

Either works. If you notice any heaviness in your stomach — it happens to few people, but it happens — take it with breakfast and that settles it.

What if I miss a day?

Nothing happens, and there's no need to double up the next day. Just carry on as usual. What builds the effect is consistency across weeks, not any single dose.

For how long?

The studies that looked at it worked with periods of **4 to 16 weeks**. As a practical benchmark, give it at least 8 straight weeks before drawing conclusions. It needs no breaks or cycles: it can be taken continuously.

About the amount: each piece of research used its own preparation and its own dose, so they aren't directly comparable to each other or 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, and the best time of day depends on what you're after. Find yours 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

Memory

«I want to remember things better»

This is the most studied use of lion's mane, and also the one that demands the most consistency. Memory doesn't improve overnight: what has been observed shows up after several weeks of continuous use.

WHEN TO TAKE IT

In the morning, with breakfast

HOW MUCH

2 capsules together

Timeframe: Give it 8 weeks minimum. In the reference study results were measured at 16 weeks, and when participants stopped taking it the advantage faded within a month.

HABITS THAT PAIR WITH IT

- Sleep 7 to 8 hours — memory is consolidated while you sleep, not while you study
- Review what matters the next day and again a week later, rather than repeating it many times in one sitting
- Walk or do aerobic exercise for 30 minutes, most days
- Write by hand what you want to retain: it forces you to summarise, and summarising is what sticks

Backing: Phytotherapy Research, 2009

«I want to concentrate without drifting off»

This is the one case where exact timing genuinely matters. In a study with healthy young adults, reaction speed improved **60 minutes** after a single dose, so it's worth lining it up with the stretch where you need a sharp head.

WHEN TO TAKE IT

45 to 60 minutes before your work or study block

HOW MUCH

1 capsule on waking and 1 before the block, or both together beforehand

Timeframe: That one-off effect has been observed the same day. A sustained sense of focus, on the other hand, is a matter of weeks.

HABITS THAT PAIR WITH IT

- Work in blocks of 50 to 90 minutes with real breaks between them
- Phone off the desk, not face down beside it — its mere presence already costs attention
- Natural light in your first hour of the day: it's what sets up the rest of it
- Go easy on stacking coffee: lion's mane doesn't compete with caffeine, but too much caffeine does feel like anxiety and muddles the picture

Backing: Nutrients, 2023

«I want to feel steadier and less irritable»

This is the use with the most participants studied. What has been observed isn't euphoria: it's that irritability and the feeling of being overwhelmed lose their edge. The word people most often use is «tolerance»: the same things bother you less.

WHEN TO TAKE IT

In the morning, every day

HOW MUCH

2 capsules, ideally split between morning and midday

Timeframe: The two studies that measured it worked with 4 and 8 weeks. That's a fair window to know whether it works for you.

HABITS THAT PAIR WITH IT

- Walk 20 to 30 minutes outdoors, preferably in daylight
- Get morning light within the first 30 minutes of waking up
- Write three lines at the end of the day: what happened, how you felt, what you're grateful for
- Ease off alcohol — it's the habit that most quickly drags mood back to where it was

Backing: Biomedical Research, 2010 · Evidence-Based Complementary and Alternative Medicine, 2019

4

Rest

«I want to sleep and rest better»

Something to clear up here, because it's the most common misunderstanding: **lion's mane is not a sedative**. It doesn't make you drowsy, and taking it at night won't help you sleep. What has been observed is that, as the day's mental load eases, rest improves as a consequence.

WHEN TO TAKE IT

In the morning. Not before bed

HOW MUCH

1 to 2 capsules

Timeframe: In the study that measured it, changes in rest were assessed at 8 weeks.

HABITS THAT PAIR WITH IT

- Go to bed and get up at the same time, weekends included
- Caffeine only until midday: it takes longer to clear your system than you'd think
- Screens away for the last hour, or at least away from the bed
- Keep the room dark and cool — sleep comes easier slightly cold than warm

Backing: Evidence-Based Complementary and Alternative Medicine, 2019

Clarity with age

«I want to keep a clear head past 50»

The most cited study on lion's mane was done precisely in people aged 50 to 80. It's the group where it has been observed most closely, and also where consistency matters most: this isn't about a peak, it's about holding steady.

WHEN TO TAKE IT

In the morning, with breakfast

HOW MUCH

2 capsules a day, continuously

Timeframe: Think of it as something long-term, not a one-month thing. Effects were measured at 16 weeks of continuous use.

HABITS THAT PAIR WITH IT

- Move every day, even if it's just walking: it's what research backs most in this group
- Learn something new and genuinely difficult — a language, an instrument, a dance
- Keep up a social life: talking with people is among the most demanding things the brain does
- Look after sleep, and check your hearing and eyesight — when those fail they load the brain with extra work

Backing: Phytotherapy Research, 2009

4 How to combine it

Lion's mane gets along with the rest of our mushrooms. The simple rule: **what wakes you up goes in the morning, what calms you goes at night.**

With Cordyceps

For anyone after focus who's also short on physical energy. Both in the morning, together.

With Reishi

Lion's mane in the morning, reishi at night. The most requested pair: a clear head by day, rest by night.

With Ashwagandha

When there's sustained stress on top of the need for focus. Ashwagandha at night or late afternoon.

With Turkey Tail

If you want to add immune support without changing what you already take in the morning.

With our Microdose

The classic complement: the microdose supports the day's clarity and mood, and lion's mane lays the sustained groundwork. They're taken together in the morning — and on the cycle's pause days, lion's mane carries on.

5 Questions

How long until I feel something?

It depends what you're after. Anything tied to mental speed has been observed the same day; anything tied to memory and mood, after several weeks. As a practical rule: give it 8 straight weeks before deciding whether it works for you.

Can I take it with coffee?

Yes, no problem. They're different things: coffee pushes, lion's mane doesn't. The only thing to watch is excess caffeine, which produces a wired feeling that sometimes gets mistaken for the mushroom's effect.

Does it make you sleepy or keep you awake?

Neither. It's not a sedative nor a stimulant. That's why we suggest the morning: not because it keeps you awake, but because that's when its effect serves you most.

Can I stop taking it abruptly?

Yes. It doesn't create dependence and there's no rebound effect. What has been observed is that the advantage gained fades over the weeks after stopping, so if it's working for you, the sensible thing is to keep it up.

Is it useful for cramming the night before an exam?

Don't think of it that way. What was measured in a single dose was reaction speed, not the ability to learn in one go. For an exam, sleeping well will do far more for you than any supplement.

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.

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.

Does it need cycles or breaks?

No. Unlike our microdoses, lion's mane can be taken continuously, with no scheduled pauses.

Do I have to take it at the same time every day?

It helps, but more for your sake than the mushroom's: a fixed time is what keeps you from forgetting. The exception is if you're taking it for focus, where it is worth lining it up with your work block.

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 what it *didn't* manage to show — and from there you can go to the original article.

NUTRIENTS · 2023

Melena de león, estado de ánimo y estrés en adultos jóvenes

En 41 adultos sanos de 18 a 45 años, una sola toma de 1,8 g de melena de león aceleró el tiempo de reacción en la prueba de Stroop a los 60 minutos ($p = 0,005$). Tras 28 días se observó una tendencia a menor estrés que no alcanzó significancia ($p = 0,051$).

guias.dimensionfungi.com.co/estudios/melena-docherty-2023/

EVIDENCE-BASED COMPLEMENTARY AND ALTERNATIVE MEDICINE · 2019

Melena de león, ánimo y sueño en personas con sobrepeso

En 77 personas con sobrepeso y alteraciones del ánimo o el sueño, ocho semanas de melena de león redujeron la depresión un 34,9% y los trastornos del sueño un 34,4%, con aumento del pro-BDNF circulante.

guias.dimensionfungi.com.co/estudios/melena-vigna-2019/

BIOMEDICAL RESEARCH · 2010

Melena de león, ánimo y molestias de la menopausia

En 30 mujeres, cuatro semanas comiendo galletas con melena de león redujeron significativamente los puntajes de depresión (CES-D) y el índice de molestias indefinidas frente al inicio.

guias.dimensionfungi.com.co/estudios/melena-nagano-2010/

PHYTOTHERAPY RESEARCH · 2009

Melena de león y memoria en adultos con deterioro cognitivo leve

En 30 adultos de 50 a 80 años con deterioro cognitivo leve, 3 g diarios de melena de león durante 16 semanas elevaron los puntajes cognitivos frente al placebo. Al suspender la toma, la ventaja se perdió en cuatro semanas.

guias.dimensionfungi.com.co/estudios/melena-mori-2009/

Still have questions?

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

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Read it in full at

guias.dimensionfungi.com.co/en/manual-melena/

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