



DIMENSIÓN FUNGI · USAGE MANUAL

Tremella

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 Tremella is

Tremella (*Tremella fuciformis*) is known in Asia as «**the beauty mushroom**»: a white, translucent jelly, much like a snow flower, with centuries in Chinese cooking and cosmetics — legend has it that it was the secret of Yang Guifei, one of the four great beauties of ancient China.

What sets it apart is its **polysaccharide**, a molecule with a water-holding capacity that has been compared to **hyaluronic acid** — the star ingredient of serums. That comparison comes from real laboratory studies, and it's the basis of its fame: hydration you drink, not one you apply.

Some honesty up front: tremella's evidence comes mostly from **the laboratory and animal models** — clinical research in people is still scarce. This manual tells you what has been observed and where it was observed, without inflating it.

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 it's part of your care routine.

1 capsule a day

To start out, or as maintenance. Take it in the morning, ideally with a big glass of water.

2 capsules a day

When skin hydration is your priority. Together in the morning, or split morning and afternoon.

With food or without?

Either works. What does make sense is to always pair it with a good glass of water: a polysaccharide that holds water needs water to hold.

Why in the morning?

More out of habit than clockwork: it neither wakes you nor calms you, so any hour works. Morning wins because it hooks easily onto the care routine you already have — and in a mushroom whose value lies in consistency, hooking it onto something you already do is half the work.

For how long?

Skin renews itself in cycles of **4 to 6 weeks**, so anything you care for from within is judged over at least that window — give it 8 weeks before drawing conclusions. It needs no breaks or cycles: it can be taken continuously.

About the amount: the studies worked with laboratory extracts and concentrations that don't translate directly into 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

Skin hydration

«I want less dry skin and a better face in the mirror»

This is what tremella is famous for, and where its best backing sits: its polysaccharide showed a water-holding capacity in the laboratory comparable to hyaluronic acid. The idea is simple — while creams hydrate from the outside, this accompanies hydration from within. The most recent review backs the mechanism, though it calls for more clinical trials.

WHEN TO TAKE IT

In the morning, with a glass of water

HOW MUCH

1 to 2 capsules

Timeframe: Give it 8 weeks: the skin you see today was formed a month ago. And be honest with the yardstick — if you don't drink water through the day, start there.

HABITS THAT PAIR WITH IT

- Enough water through the day: it's the raw material of everything else
- Sunscreen daily, sun or no sun — the sun dehydrates and ages more than anything else
- Healthy fats on the plate (avocado, nuts, olive oil): the skin's barrier is made of that
- Don't wash your face with very hot water: it strips the natural oils that hold moisture in

Backing: Carbohydrate Polymers, 2014 · Journal of Cosmetic Dermatology, 2023

Skin over the years

«I want to support my skin's firmness as the years pass»

Here the science got finer: in human fibroblasts — the cells that make collagen and elastin — tremella's polysaccharide reduced damage from oxidative stress, and in an animal ageing model it showed protective effects on skin. The honest fine print: **cell culture and mice**, not human trials yet.

WHEN TO TAKE IT

In the morning, continuously

HOW MUCH

2 capsules a day

Timeframe: Think in months, like everything that goes with the years. And remember that 80% of visible skin ageing is the sun: the capsule without sunscreen is building the house from the roof down.

HABITS THAT PAIR WITH IT

- Sunscreen every day — it's the anti-ageing measure with the most evidence there is, by far
- Sleep 7 to 8 hours: skin repairs itself at night, and short sleep shows there first
- Don't smoke: after the sun, it's what ages skin most
- Enough protein in the day — collagen is built from what you eat

Backing: Bioscience, Biotechnology, and Biochemistry, 2017 · International Journal of Molecular Sciences, 2024

Beauty from within

«I want an integral care routine, not just creams»

For anyone who understands skin care as a system: what you apply, what you eat, how you sleep and how you handle stress. There tremella comes in as the «from within» piece — it doesn't replace the others, it accompanies them. It's the way to take it with the right expectation: a steady addend, not a wand.

WHEN TO TAKE IT

In the morning, alongside your usual routine

HOW MUCH

1 to 2 capsules

Timeframe: The timeframe of consistency: as long as you take it, it adds. Skin reflects the average of your last few weeks, not what you did yesterday.

HABITS THAT PAIR WITH IT

- A simple, steady routine beats an elaborate one you abandon: cleanse, hydrate, protect
- Manage stress — sustained cortisol shows on the skin as much as on the mood
- Colourful fruit and vegetables: the plate's antioxidants are skincare too
- Change the pillowcase often and sleep on the clean side: the boring stuff counts too

Backing: Journal of Cosmetic Dermatology, 2023

4 How to combine it

Tremella 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 Chaga

The skin duo: tremella for hydration, chaga on the antioxidant front. Both in the morning.

With Reishi

Tremella in the morning, reishi at night: sleeping well is the cheapest beauty treatment there is.

With Ashwagandha

When stress shows on your skin. Ashwagandha at night lowers what tremella accompanies by day.

With Turkey Tail

The gut-skin axis: it's ever clearer that a cared-for microbiota also shows on the outside.

5 Questions

Is it like taking collagen?

No, they're different things — which is why they get along. Collagen brings the protein's building blocks; tremella works on the water side — its polysaccharide holds moisture, like hyaluronic acid. If you already take collagen, they don't get in each other's way: they work different fronts.

How long until it shows?

Skin renews in cycles of 4 to 6 weeks, so nothing you take today shows tomorrow. Give it 8 weeks of consistency. And an honest yardstick: photos in the same light every two weeks say more than the everyday mirror, which hides slow change.

Does it replace my creams or serum?

No. Outside and inside work in different layers: the serum acts where you apply it, tremella accompanies from nutrition. The ideal routine has both — and before either of them, sunscreen.

Is it only for women?

Not at all. Men's skin dehydrates and ages just the same — it usually gets less care, in fact, so there's more room to improve. The «beauty mushroom» is old marketing; the mechanism has no gender.

Does it help hair and nails?

It gets said a lot, but the available research has focused on skin, so we'd rather not promise what hasn't been measured. If you notice something there over the weeks, welcome — it's just not what we're selling you.

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](https://guias.dimensionfungi.com.co/en/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, tremella 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 on an empty stomach?

Yes, no problem. Just always pair it with a good glass of water — a polysaccharide that holds water needs water to hold.

6 The studies behind this manual

Everything this manual says comes from these papers. Each one has its own page with what it measured and what it found — including whether it was done in people, animals or cells, which in tremella's case is the fine print that matters most — and from there you can go to the original article.

Polisacárido de tremella y envejecimiento cutáneo en modelo animal

Estudio proteómico en ratones con envejecimiento inducido por D-galactosa. El polisacárido de tremella mostró efectos protectores sobre la piel, identificados mediante análisis de proteínas con iTRAQ.

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Tremella y piel: qué dice la evidencia disponible

Revisión de los beneficios cutáneos descritos para Tremella fuciformis: su polisacárido retiene agua de forma comparable al ácido hialurónico, aunque la evidencia disponible proviene sobre todo de laboratorio y hace falta investigación clínica.

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Polisacárido de tremella sobre fibroblastos de piel humana

El polisacárido de tremella redujo el daño en fibroblastos de piel humana sometidos a estrés oxidativo, actuando a través de la vía SIRT1. Es un estudio en cultivo celular, no en piel de personas.

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Capacidad de retención de agua del polisacárido de tremella

Estudio de química de materiales que modificó el polisacárido de tremella por carboximetilación y midió su capacidad antioxidante y de retención de humedad, con mejoras sobre el polisacárido sin modificar.

guias.dimensionfungi.com.co/estudios/tremella-retencion-agua/

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-tremella/

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