

Birch Polypore Mushroom Tincture

Fomitopsis betulina (formerly Piptoporus betulinus)



Refuge Remedies

Overview

Birch Polypore is a medicinal mushroom that grows almost exclusively on birch trees. It has been used in European folk medicine for centuries and was famously found carried by the ancient Otzi the Iceman over 5,000 years ago, likely for digestive and antimicrobial support.

Sourcing Note

This mushroom was responsibly wild-harvested in the forests of Maine and carefully crafted into a double-extracted tincture in Missouri. Each batch is prepared in small quantities to preserve quality, potency, and freshness.

Key Natural Compounds & What They Do Contains naturally occurring:

Polysaccharides (beta-glucans)

Triterpenes

Betulin & betulinic acid

Phenolic compounds

*These compounds contribute to its immune-supportive and antimicrobial properties.

Why Someone Might Choose This Mushroom

Traditionally used to:

- Support immune function
- Aid digestion & gut balance
- Help with parasites & microbial balance
- Soothe stomach discomfort
- Support wound care (historically applied topically)

Modern herbalists use Birch Polypore for:

- Immune system support
- Gut & microbiome balance
- Antimicrobial & antiviral support
- General wellness & resilience

Potential Benefits

- Supports healthy immune response
- Helps maintain digestive comfort
- Provides antioxidant support
- Traditionally valued for antimicrobial activity

*Based on traditional use and emerging research.

Suggested Use

1–2 droppers (about 1–2 mL) 1–2 times daily

Directions: Shake well. Hold under tongue 15–30 seconds before swallowing or dilute in beverage.

Sublingual Use: Tinctures are commonly taken under the tongue, where small blood vessels allow for direct absorption. If the tincture feels too strong, mix with a few drops of water before placing under the tongue. You can add it to a cup of water, juice or tea, if needed.

Ingredients:

Birch polypore mushroom from Maine, grain alcohol, distilled water, & organic vegetable glycerin

Precautions:

- Not recommended during pregnancy or breastfeeding unless guided by a healthcare professional.
- Use caution if you have autoimmune conditions or are on immunosuppressant medications.
- Consult your practitioner if taking prescription medications or if you have a medical condition.
- Discontinue use if any adverse reaction occurs.

Disclaimer- This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Always DYOR (Do Your Own Research) & consult a qualified healthcare professional before using herbal products.