

Chicken of the Woods

Botanical name: Laetiporus species



Refuge Remedies

How to Take

Standard dose: 1–2 droppers (30–60 drops), 1–3× daily

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.

Traditional & Nutritional Context

Chicken of the Woods is a vibrant mushroom traditionally known as a nutritive food mushroom.

While it is best known for culinary use, it has also been explored in modern wellness practices for its naturally occurring compounds and overall supportive role in a balanced lifestyle.

- Flavonoids: Support antioxidant and immune balance
- Phenolic acids (chlorogenic acid): These properties are usually known as the body's natural defenses and calm inflammation
- Natural antiviral compounds: Supports healthy immune and seasonal defense responses
- Detoxifying & cooling properties: Encourage internal balance and clarity

Wellness Support

- Mild throat and respiratory discomfort
- Seasonal immune support
- Cooling the body's "heat" and inflammation

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.

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