

# Red-Belted Polypore Tincture

Fomitopsis spp., likely F. mounceae



Refuge Remedies

## What is Red Belted Polypore?

Red-Belted Polypore is a hardy shelf mushroom that grows on conifer and hardwood trees. It has a long history of traditional use in folk practices, where it was valued for its strengthening and grounding qualities rather than for culinary purposes.

## Does Red-Belted Polypore have medicinal properties?

It contains naturally occurring compounds that researchers and herbalists have taken interest in, including:

- Polysaccharides – commonly studied in mushrooms for their role in general wellness & immune balance
- Triterpenes – compounds plants and fungi use for protection in nature.
- Phenolic compounds – associated with antioxidant activity in botanical research
- Sterols (Ergosterol compounds) – support cell membrane health and metabolic signaling.
- Natural Antimicrobial Compounds – researched for their ability to inhibit unwanted microbes in laboratory studies.

## Why Someone Might Choose This Mushroom

People often select red-belted polypore for supportive wellness when experiencing:

- Frequent illness or lowered resilience
- Feeling run-down or depleted
- General body achiness or stiffness
- Seasonal immune challenges
- Desire for antioxidant support
- Environmental or lifestyle stress load
- Interest in long-term vitality support

## How to Take

- Typical Serving: 1–2 dropperfuls (30–60 drops)
- Frequency: 1–3× daily
- Can be taken directly, in water, or in tea
- Often used consistently over time as part of a wellness routine

## Traditionally Used For

Red-Belted Polypore is traditionally used as a steady, supportive mushroom and is best taken consistently over time as part of a balanced wellness routine. It's not like taking Tylenol for a headache. It's more like drinking bone broth or taking a daily walk – supportive, not aggressive. It's kind of like good nutrition or regular sleep. You don't notice a big effect right away, but over time it helps your body stay more stable and resilient.

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.