

Turkey Tail Tincture

Botanical Name: *Trametes versicolor*



Refuge Remedies

What Is Turkey Tail?

Turkey Tail is a colorful shelf mushroom found growing on hardwood trees throughout the world. It has a long history of traditional use and is one of the most widely studied mushrooms in modern wellness research.

Traditional & Wellness Profile

In traditional practices, Turkey Tail has been valued for its role in supporting overall vitality and resilience. In more recent years, it has drawn attention for its naturally occurring compounds, particularly polysaccharides, which are commonly studied in mushrooms for their supportive relationship with immune balance.

Turkey Tail is often chosen as a long-term wellness mushroom rather than for short-term use.

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

How to Take

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

Ingredients

Turkey Tail mushroom (*Trametes versicolor*), organic alcohol, filtered water & vegetable glycerin.

Traditionally Used For

- Overall immune balance
- Daily resilience and vitality
- Support during times of physical or environmental stress
- Whole-body wellness when used consistently

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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