

Wood Ear Mushroom Tincture

Auricularia species



Refuge Remedies

About:

Wood Ear gets its name from its distinctive thin, curved, ear-like fruiting body. It commonly grows on dead or decaying hardwood and has been eaten as both food and traditional medicine for centuries, particularly throughout East Asia. Its combination of polysaccharides, fiber, antioxidants, and other naturally occurring compounds has made it an increasingly interesting mushroom for modern research—especially in the areas of circulation, cardiovascular health, metabolic health, and immune support.

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

♥ Circulation & Cardiovascular Support

Wood Ear has traditionally been used to support healthy blood flow and circulation. Compounds within the mushroom are being studied for their effects on platelet activity, blood lipids, and cardiovascular health.

🔴 Healthy Blood Flow

Wood Ear may have mild antiplatelet activity, meaning it may reduce the tendency of platelets to clump together. This is one reason it has gained interest for circulatory support—but it is also the reason extra caution is needed with blood-thinning medications.

🔴 Cholesterol & Lipid Support

Wood Ear contains soluble fiber and polysaccharides that have been studied for their potential role in supporting healthy cholesterol and triglyceride levels as part of an overall heart-healthy lifestyle.

🛡️ Antioxidant Support

Naturally occurring polysaccharides and other compounds in Wood Ear demonstrate antioxidant activity and may help protect cells from oxidative stress.

🌿 Immune Support

Like many medicinal mushrooms, Wood Ear contains complex polysaccharides that may help support normal immune-system function.

🌿 Gut & Digestive Support

Wood Ear naturally contains fiber and polysaccharides that may support digestive and intestinal health.

Wellness Support

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

Because Wood Ear may have antiplatelet/blood-thinning effects, use caution if you:

- Take anticoagulant or antiplatelet medications such as warfarin, apixaban (Eliquis), rivaroxaban (Xarelto), clopidogrel (Plavix), or daily aspirin
- Have a bleeding or clotting disorder
- Bruise or bleed easily
- Are preparing for surgery or a medical procedure

Consult your healthcare professional before use if you are pregnant or breastfeeding, take prescription medications, or have a significant medical condition.

Wood Ear tincture should not be used as a replacement for prescribed cardiovascular or anticoagulant medication.

Precautions:

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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.