



WHICH IS BEST NORMAL COFFEE OR MUSHROOM COFFEE

NORMAL COFFEE



NUTRILIC
SUPERFOODS

Caffeine Sensitivity:
High caffeine levels can lead to jitters, anxiety, and sleep disturbances in some individuals.

Acidity:
Coffee can be acidic, which may cause digestive discomfort for some people.

Crash:
The energy boost from caffeine is often followed by an energy crash.

MUSHROOM COFFEE



Adaptogenic Properties:
Some mushrooms, like reishi and lion's mane, are adaptogens, potentially reducing stress and promoting overall well-being.

Reduced Acidity:
Mushroom coffee is typically less acidic than regular coffee.

Balanced Energy:
The combination of caffeine from coffee and the potential adaptogenic effects of mushrooms may provide a more sustained energy release.