



Clean Coffee Comparisons

Brands I'd Suggest for Clean Caffeine

Why Coffee Quality Matters

Many coffees on the market that aren't **organic** are **sprayed heavily with pesticides/herbicides** and are often **very moldy/full of mycotoxins** (*I'm looking at you Starbucks!*).

Finding a Clean Coffee

For starters, I encourage you to at least find **an organic, regeneratively grown coffee, preferably specialty-grade that scores over 80/100 by the Specialty Coffee Association**.

There are many organic brands on the shelves, **but few test for mold or mycotoxins**, which is very common in coffee beans. If it is specialty grade certified by default the coffee should be mold free, but **there are several brands who go the extra mile and have their coffee third-party tested for molds, mycotoxins, pesticides and other contaminants**.

Brands + Blends I'd Suggest

Below are some of the **most common organic brands** I've seen that are a quality coffee and many that **also contain additional health supports like functional mushroom blends, minerals, collagen and more**.

Scroll below the coffee brand table for the health benefits of each of these add-ins. This table can help you identify what your health goals are and choose blends based on ingredients in them.

I also included **information on caffeine levels**, especially if you are mindful of that and/or are trying to cut back, and did a **price per oz/serving comparison** because some are more affordable than others (*may fluctuate since the time this guide was created*).

CLEAN COFFEE BRANDS				
Name	Type	What It Contains	Caffeine Per Serving (8 oz)	Price Per Ounce
Purity Coffee <i>what I drink</i>	Ground for Traditional Preparation	Coffee	Protect: 95 - 99 mg Flow (⅔ decaf): 30 mg	\$1.93/serving
RYZE Mushroom Coffee <i>what I drink</i>	Instant Coffee- mix with water (<i>no brewing required</i>)	- Coffee - Lion's mane - King trumpet - Reishi - Shiitake - Turkey tail - Cordyceps	Medium Roast: 48 mg Dark: 90 mg	\$.90/serving
Artizan Mushroom Coffee	Ground for Traditional Preparation	- Coffee - Lion's Mane - Chaga	45 mg	\$2.40/oz

<u>Bulletproof</u>	Ground for Traditional Preparation	• Coffee • Various add-ins based on version	95 - 145 mg	\$1.89/oz
<u>Danger Coffee</u>	Ground for Traditional Preparation	• Coffee • Trace Minerals	95 - 120 mg	\$3.11/oz
<u>EQUIP Coffee</u>	Ground for Traditional Preparation	• Coffee	100 mg	\$2.08/oz or \$1.77/oz subscription
<u>Everyday Dose</u>	Instant Coffee- mix with water (no brewing required)	• Coffee • Collagen (5g) • L-Theanine • Chaga • Lion's Mane • Optional: Protein (10g)	Mild: 45 mg Medium: 90 mg Protein: 90 mg	\$1.33/serving
<u>Four Sigmatic</u>	Instant Coffee + Ground Coffee Options	• Lion's Main • Chaga	150 mg	\$1.50/serving
<u>Laird Superfood Coffee</u>	Ground for Traditional Preparation	• Coffee • Lion's Mane • Chaga • Cordyceps • Maitake	100 mg	\$1.67/oz or \$1.33/oz Subscription I have also seen this at Costco!
<u>LifeBoost Coffee</u>	Ground for Traditional Preparation	Original Blend: • Coffee Mushroom Blend: • Chaga • Lion's Mane	Light: 95–180 mg Medium: 75–95 mg Dark: 68 – 76 mg Half Caff: ~40 mg Decaf: 5 – 20 mg	\$25.0/oz or \$2.20/oz subscription
<u>OM Mushroom Coffee</u>	Instant Coffee- mix with water (no brewing required)	• Coffee • Lion's Mane • Cordyceps	110 mg	\$1.33/serving or \$1.01/serving <u>Fullscript</u>
<u>ORGANO King Coffee</u>	Instant Coffee- mix with water (no brewing required)	• Coffee • Reishi Spore Powder	90 - 110 mg <i>Claims that the spores reduce the content</i>	\$2.76/serving
<u>ORGANO Royal Coffee</u>	Instant Coffee- mix with water (no brewing required)	• Coffee • Cordyceps	75 mg	\$2.46/servin g
<u>PaleoValley</u>	Ground for Traditional Preparation	• Coffee • Lion's Mane • Reishi • Chaga • Cordyceps • Maitake • Shiitake • Tremella • Turkey Tail	115 mg	\$2.50/oz or \$1.60/oz Subscription

COFFEE ADD-IN INGREDIENTS

Ingredient	What It Supports
Chaga	• Supports immune system and reduces inflammation • Cancer-fighting properties
Collagen Peptides	• Most abundant protein in the human body • Supports connective tissue, joints, skin, hair, nails and gut lining
Cordyceps	• Stimulating mushroom- increases energy levels and stamina • Supports physical performance • Provides anti-aging properties
L-Theanine	• Stress relief/support and calming for anxiety • Supports balanced insulin levels, metabolism + lowering of cholesterol
Lion's Mane	• Memory, focus + brain health, reduces brain fog, boosts mood • Great for gut health • Antioxidant and Anti-Inflammatory • Promotes nerve regeneration
Maitake	• Boosts immune system • Regulate blood sugar + heart health • Manages inflammation
Reishi	• Used for thousands of years and is known as the mushroom of immortality in both Chinese and Japanese medicine • Enhances immune system and overall health: ◦ 15x Magnesium content than broccoli, 8x Omega-3 content than tuna, 7x Vitamin C content than oranges, 6x higher Calcium content than milk, 3x higher Iron content in spinach, 3x the antioxidants in blueberries • Supports blood sugar balance and reduces stress response • Improves sleep quality, supports brain function + memory • Antimicrobial against viruses, bacteria + parasites • Lowers bad LDL and total cholesterol and blood pressure
Reishi Spore Powder	• Comes from the seeds of reishi mushrooms which are full of nutrients and antioxidants • <i>See reishi benefits above</i>
Turkey Tail	• Immune system support • Supports healthy gut microbiome • Fights inflammation + oxidative stress
King Trumpet	• Antioxidant-rich and supports the immune system and cardiovascular health • Gut health prebiotics
Shiitake	• Immune system support • Lowers cholesterol levels • Fights inflammation • Provides vitamins and minerals
Tremella	• The “beauty” mushroom- shown to support healthy skin