# DIRTEA mushroom coffee blends health benefits with caffeine delight



Coffee enthusiasts are discovering a novel beverage that combines their love for coffee with the purported health benefits of functional mushrooms. The DIRTEA Mushroom Coffee blend is generating buzz among consumers for its energy-enhancing qualities, which are said to come without the common side effects associated with traditional caffeine consumption, such as jitters or an energy crash.

At the core of DIRTEA’s offering is a blend of 100% Arabica coffee infused with 1,000mg of Lion's Mane mushroom, complemented by a range of B vitamins including B6, B12, Pantothenic Acid, and Folic Acid. These ingredients are believed to work synergistically to support mental clarity, overall vitality, and nervous system health.

Dr Tara Swart, a notable neuroscientist and medical doctor who serves as the Chief Science Officer for DIRTEA, spoke to the Liverpool Echo about the brand’s mission. She asserted, "We stand for health, education and community. I have used adaptogenic mushrooms for many years and this is the brand I love on so many levels."

Consumers are provided with an advantageous subscription model, with the price of a pouch being reduced from £38 to £26. Subscribers also receive a complimentary mug and a jar for storage, enhancing the overall appeal of the product. The blend is designed to offer a revitalising experience, with a focus on delivering sustained energy without the steep decline so often reported with conventional coffee.

The rise of adaptogenic coffee reflects a growing trend in the beverage market, with brands like London Nootropics and Javasu offering their interpretations of this concept, priced between £15 and £36. The interest in such products is mirrored in media coverage, including reviews published in the Mirror.

While traditional coffee is often lauded for its ability to boost concentration, it frequently comes with a list of side effects, including heightened anxiety and a noticeable drop in energy levels after consumption. DIRTEA's coffee aims to mitigate these effects, featuring a caffeine content that is reportedly up to 80% lower than standard coffee.

Customer feedback has largely been positive, with more than 17,000 five-star reviews highlighting personal experiences with the product. One customer expressed satisfaction with the taste and health benefits of DIRTEA coffee, stating: "Love the flavour of this coffee, and the fact that it offers healthy benefits is an added bonus."

Some users articulated the noticeable differences they felt compared to traditional coffee. One remarked, "I'm sharp, aware on this coffee with loads of energy, without the cons. Highly recommend." Another stated, "I love it. I can have as many cups in a day as I like and don’t get the jitters or a crash."

However, not every review was glowing, with some consumers initially struggling with the flavour. One person noted, "The taste was something to get used to. I have now mixed it with a spoonful of regular coffee to help drink it. But I think it had helped me focus and increased my energy." In contrast, devoted coffee consumers expressed that it has been a transformative experience, with one saying, “As a coffee addict, this is lovely. Smooth, and no longer hitting a wall when the caffeine wears off. Mentally, I feel better.”

This innovative approach to coffee consumption not only highlights the increasing popularity of functional ingredients but also points to an evolving landscape in consumer preferences towards healthier, energy-boosting alternatives.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.dirteaworld.com/blogs/news/boost-your-energy-and-productivity-with-dirtea-coffee> - This URL corroborates the unique ingredients in DIRTEA Coffee, such as Lion's Mane, Chaga, and Tremella, which contribute to sustained energy and cognitive benefits. It also highlights the reduced caffeine content compared to regular coffee.
* <https://us.dirteaworld.com/products/coffee-super-blend> - This URL supports the claim that DIRTEA Mushroom Coffee blends premium Arabica coffee with Lion's Mane, Chaga, and Cordyceps, offering sustained energy without crashes. It also lists the product's ingredients and features.
* <https://eu-eur.dirteaworld.com/products/dirtea-coffee-int> - This URL confirms the inclusion of B vitamins (B6, B12, Pantothenic Acid, and Folic Acid) in DIRTEA Coffee, which support mental clarity and energy metabolism. It also emphasizes the coffee's smooth flavor and reduced caffeine content.
* <https://www.mirror.co.uk/lifestyle/dieting/functional-mushroom-coffee-review-25649815> - Although not specifically mentioned in the search results, media outlets like the Mirror have reviewed and discussed the rise of adaptogenic coffee, mirroring the trend highlighted in the article.
* <https://www.healthline.com/nutrition/lions-mane-mushroom> - While not found in the specific search results, Healthline provides information on Lion's Mane mushrooms, which are noted for their cognitive-enhancing properties in DIRTEA Coffee.