**Ganoderma lucidum** is a mushroom, known as Reishi in Japan, that has been used for its medicinal benefits for more than 2,000 years. Reishi is also known as the “Mushroom of Immortality” and the “Supernatural Mushroom” due to its powerful medicinal properties.

People that use Reishi report that they use it for:

- heart support
- naturally thinning the blood
- regulating blood pressure
- reducing cholesterol
- reducing inflammation
- reducing daily stressors
- respiratory problems

- improving cognitive function
- improving gut health
- kidney and liver support
- bacterial infections
- stabilising blood sugar
- immune modulation
- viral protection

- insomnia
- allergy relief
- anti-aging
- reducing candida
- hormone production
- stem cell reproduction
- tumour reduction

**Serving suggestion:** For overall well-being, take 1 capsule daily. For targeted concerns take 2 capsules twice daily depending on the severity of the condition. Servings per container: 30

Each capsule contains 15mg of Reishi concentrate 30:1 and 50:1 double extract (MG-LZ8), which is 12 times stronger than outdoor grown Reishi and thus provides the equivalent of 5400mg of Reishi powder per capsule. This product is non-toxic and free of alcohol, unlike combination tinctures.

The Reishi used in this product is grown in “Antler” form by Mushroom Guru (Pty) Ltd. and is manufactured and packaged by Verve Dynamics in a FDA inspected GMP facility. For scientific data regarding MG-LZ8 visit [mushroomguru.co.za](http://mushroomguru.co.za)