

Reishi



Reishi, also known as ***Ganoderma lucidum*** in Latin or **Lingzhi** in Chinese, is a polypore mushroom that has been used in Traditional Eastern Medicine for more than 2000 years. It is nowadays, one of the most widely used medicinal mushrooms in the world, and the oldest one to have been documented. Reishi is one of the most fascinating and mysterious mushrooms in the world. Numerous scientific studies have been conducted about the medicinal properties of Reishi, and the results just keep surprising scientists and researchers*. As of now, there have been over 400 active compounds that have been extracted and identified in Reishi mushroom. Of these compounds, there are a few that are found in sizable amounts, and are highly valued for their medicinal properties:

-Polysaccharides: In particular the water soluble beta-D-glucans (1,3/1,6), which are long chained carbohydrates. These polysaccharides have been studied and tested extensively, and are notable for their ability to stimulate and modulate the immune system. It is also understood that beta-glucans (1,3/1,6) may have anti-tumor effects through anti-angiogenesis (formation of new infected blood vessels). Polysaccharides also act as antioxidants by preventing the formation of free radicals in cells.

-Triterpenes: These are water insoluble compounds that are mostly found in the Reishi fruit body, and also what give Reishi its bitter taste. There are over 150 triterpenes that have been identified in Reishi mushroom, and of these, Ganoderic acids are considered quite beneficial. Triterpenes are well known for a number of therapeutic properties including: anti-inflammatory, anti-tumor, hepatoprotective, anti-hypertensive, anti-histaminic, cholesterol lowering, lipid-lowering, and more*.

-Other active compounds found in Reishi: Glycoproteins, proteoglycans, adenosine, Ling Zhi 8 protein, uridine, peptides, and more.

There are many health benefits that are yet to be discovered and tested, but Reishi mushroom has quite the reputation for being an adaptogenic herb. In several Asian countries, Reishi extracts are used in conjunction with chemotherapy and radiotherapy on cancer patients, to ease the side effects and

also to enhance the immune system during recovery*.

Health Benefits:

- Effective Immune System Modulator*
- Immune System Support*
- Cardiovascular Health Support*
- Blood Pressure Support*
- Cholesterol Support*
- Allergy Support*
- Sleep and Rest Support*
- Liver Health Support*
- Respiratory Health Support*
- Diabetes Support*
- Stress and Mood Support*
- Adaptogenic Properties*
- Anti-inflammatory Properties*
- Antioxidant Properties