

# Gano

AN ALL-NATURAL SOURCE OF POWERFUL ANTIOXIDANTS  
STORE IN A COOL, DRY PLACE.

## DOSE

Adults - take one to two capsules  
daily or as directed by your  
healthcare professional.



## Powerful Antioxidants for Immune System and Cardiovascular Health

Ganoderma Lucidum, 100% pure Ganoderma powder, is made from the Red Reishi mushroom. Known as the lingzhi mushroom in traditional Chinese medicine, it is considered to be the “herb of spiritual potency.”

The Red Reishi mushroom is primarily composed of complex carbohydrates as well as water-soluble proteins and amino acids. Scientific research indicates water-soluble polysaccharides may produce anti-aging and anti-inflammatory effects.

Many studies indicate Ganoderma Lucidum provides the highest level of antioxidants when compared to other food sources found within the world. In Asia, Ganoderma has been used as an herbal remedy for centuries. It is believed to aid in recuperation, increase endurance, and maintain the body's well-being.

### Immune System

Studies indicate Ganoderma has anti-bacterial properties and may diminish many viruses.

### Cardiovascular Health

Ganoderma has been prescribed for centuries to reduce the problem caused by angina and stress. Chinese studies indicate Ganoderma extracts may increase blood flow and reduce oxygen consumption within the heart.

### Antioxidants

Ganoderma contains the highest level of antioxidants as compared to other natural food sources according to the Encyclopedia of Natural Medicine. Components of Ganoderma include phenolic and polysaccharide complexes which may contribute to the strength of the antioxidants.

## Active Ingredients

### Ganoderma Lucidum

Commonly known as reishi mushroom, Ganoderma lucidum is a purple-brown fungus with a long, thin stalk, spores that are brown in color and a shiny cap shaped like a fan. Reishi mushroom is used for boosting the immune system; viral infections such as the flu (influenza), swine flu, and avian flu; lung conditions including asthma and bronchitis; heart disease and contributing conditions such as high blood pressure and high cholesterol; kidney disease; cancer; and liver disease. It is also used for HIV/AIDS, altitude sickness, chronic fatigue syndrome (CFS), trouble sleeping (insomnia), stomach ulcers, poisoning, and herpes pain. Other uses include reducing stress and preventing fatigue.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Capsule	%DV*
Ganoderma Lucidum	500mg**

\*Percent Daily Values based on a 2,000 calorie diet  
\*\*Daily Value Not Established

Other ingredients: Vegetable Capsule, Silicon Dioxide



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children. If you are pregnant or breastfeeding consult a doctor before using this product. If you are taking any medication, or have any type of medical issue, consult a healthcare professional before using this product. The Federal Food, Drug and Cosmetic Act requires this notice.