

# GANODERMA




L U C I D U M

**The Miraculous King Of Herbs**

## **HEALTH BENEFITS**

Over the centuries, *Ganoderma lucidum* has been studied and scrutinized, yet consistently upheld as an amazing botanical wonder that possesses incredible potency and versatility. Through its natural composition, this powerful herb has the ability to bring remarkable health benefits all on its own. Its constituents come together to strengthen one's immune system, gradually promoting the body's ability to ward off potential harms increasing presence in the environment today. It's the complementary nature of these constituents that are thought to empower this herb with its astounding benefits.

## **MEET THE KEY CONSTITUENTS**



**ADENOSINE and LANOSTEROL** A nucleoside and a triterpenoid, these two have shown abilities to "inhibit cholesterol synthesis" and lower cholesterol levels.

**LABOSTAN** Known to regulate antibody production, Lanostan balances the presence of these allergen-expelling substances in the human system, proportional to the body's demand for it.

**GANODELANS A AND B** Their close relation to Lanostan would suggest similar abilities of controlling allergy reaction, but they have also been found to have a balancing effect of blood sugar.

**ORGANIC GERMANIUM** – Like Adenosine, this rare mineral assists in improving blood circulation. It's also said to promote good energy by eliminating fatigue throughout the body.

**POLYSACCHARIDES** These complex carbohydrates have also shown abilities in balancing immune function and acting as an anti-inflammatory component.

*Ganoderma lucidum*'s highly acclaimed effectiveness and prolonged favorability are undoubtedly characteristics, which have inducted this herb into a league of supreme "adaptogens" like Ginseng. Adaptogens are non-toxic, natural agents that have a stabilizing influence on the body and work to help the body build resistance against stress, trauma and fatigue. Adaptogens have also been shown to contain antioxidants that battle free radicals that cause damage to our cells.

## **OTHER HEALTH BENEFITS OF GANODERMA LUCIDUM**

- Improves hyper and hypotension
- Reduces both mental and physical fatigue
- Promotes energy and restful sleep
- Natural anticoagulant and diuretic

As the adage states, "prevention is better than cure". *Ganoderma lucidum* functions toward that end. Rarely losing effectiveness over time or frequency, it is thought to reinforce deteriorating cells while aiding entire body systems in achieving a balanced state. With a stronger immune system and a sustained energy that are maintained day by day, you will surely see, feel and experience this healthier difference inside and out.

## Cross-Index of Mushroom and Targeted Therapeutic Effects

	anti-bacterial	anti-candida	anti-inflammatory	anti-oxidant	antiviral	blood pressure	blood sugar moderator	cardio-vascular	cholesterol reducer	immune enhancer	sexual potentiator	stress reducer
<b><i>Ganoderma lucidum</i></b> (Reishi/Ling Chi)	•	•	•	•	•	•	•	•	•	•	•	•
<b><i>Cordyceps sinensis</i></b> (Cordyceps)	•			•	•	•	•	•	•	•	•	•
<b><i>Lentinula edodes</i></b> (Shiitake)	•	•			•	•	•			•	•	•
<b><i>Grifola frondosa</i></b> (Maitake/Hen of the Woods)	•	•			•	•	•			•		•
<b><i>Inonotus obliquus</i></b> (Chaga)	•		•		•		•			•		
<b><i>Polyporus umbellatus</i></b> (Zhu Ling)	•		•		•					•		
<b><i>Trametes versicolor</i></b> (Yun Zhi/Turkey Tail)	•			•	•					•		

Please note that these claims have not yet been evaluated by the Food and Drug Administration. We recommend that you consult a qualified medical practitioner before taking any substance for medicinal purposes.

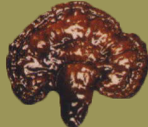
## The *Ganoderma Lucidum* Mushroom Family



Kimshen Gano



Ruyi Gano



Peacock Shaped Gano



Brain Shaped Gano



Heart Shaped Gano



Liver Shaped Gano

## BRIEF HISTORY

One of Chinese medicine's founding fathers, Shen Nong, categorized 365 highly-regarded botanical, zoological and mineral agents as "Superior", "Average" or "Fair" medications. Superior medications treated multiple diseases and regulated body balance; average herbs worked as tonics or boosters; and fair substances served as medications for specific ailments.

He documented these rankings in a book called "Herbal Pharmacopeida" and rated Ganoderma as the #1 agent in all three classes. This marked the first of many major milestones in Ganoderma's distinguished history. Labeled early as "God's Herb" or "Spiritual Herb" by the Chinese, Ganoderma Lucidum was consumed regularly by emperors because of their strong belief in its ability to give them eternal youth and prosperity.



## ABOUT HEALTHY HABITS

Healthy Habits was founded on four core principles:

- Create a company that thinks of our distributors and customers first
- Create strong but humble leadership
- Create an environment where people can win at every level
- Create the highest quality nutritional products in each category we enter

At Healthy Habits every corporate and executive decision is accountable to these four principles.

*Here are just  
a few of our  
manufacturing  
certifications:*



This is an information pamphlet only and should not replace the medical advice of your personal physician. None of the statements or studies in this document pertain specifically to Healthy Habits products, hence individual results may vary. We encourage you to use common sense and prudence in evaluating your expectations while consuming Healthy Habits products. Statements made in this document have not been evaluated by the FDA and Healthy Habits products are not intended to diagnose, treat, cure, prevent or mitigate any disease.

Reishi Mushroom – Ganoderma Lucidum. American Herbal Pharmacopoeia and Therapeutic Compendium.  
Hobbs C. Medicinal Mushrooms: an exploration of traditional healing and culture. Santa Cruz. Botanica Press, 1995.  
Wasser S. Review of Medical Mushroom Advances: Good News from Old Allies. The journal of American Botanical Society, 2002.  
Komoda Y, Shimizu M, Sonoda Y, et al. Ganoderic acid and its derivatives as cholesterol synthesis inhibitors. Chem Pharm Bull. Tokyo. 1989.  
Hikino H, Ishiyama M, Suzuki Y, et al. Mechanisms of hyperglycemic activity of ganoderan B: a glycan of Ganoderma lucidum fruit bodies. Planta Med. 1989.  
Van der Hem L G, van der Vliet J A, Bocken C F, et al. Ling Zhi-8; studies of a new immunomodulating agent. Transplantation 1995.  
Kohda H, et al. The biologically active constituents of Ganoderma lucidum. Histamine release-inhibitory triterpenes. Chem Pharm Bull. 1985.  
Wasser S P, and Weis A L. Therapeutic effects of substances occurring in higher Basidiomycete mushrooms: a modern perspective. Critical Reviews in immunology. 1999.