

# Reishi

200mg of cultured reishi mycelium and 250mg of reishi fruiting body per capsule to provide immune modulation, adaptogenic support and metabolic aid

Dairy Free

Gluten Free

GMO Free

Soy Free

Vegan



- 200mg of cultured reishi mycelium and 250mg of reishi fruiting body extract per capsule to provide biological activity from the entire mushroom, including the unique active ingredients known as hericenones and erinacines
- Reishi mushroom is indicated to support a healthy immune response, improve the body's stress response and fatigue, as well as encourage a healthy metabolism

Medicinal mushrooms have been used in traditional medicine for thousands of years and have gained popularity in recent decades as a natural health supplement in North America. In general, the active ingredients in medicinal mushrooms are known for their adaptogenic, antioxidant and immune supporting actions. That being said, each species has been found to target different health concerns depending on the unique blend of beta-glucans, triterpenoids, ergosterols and other active compounds.

*Ganoderma lucidum*, most commonly known as Reishi mushroom, is a fungus that grows in hot and humid locations in Asia and is traditionally known for its ability to modulate the immune response. In vitro

and in vivo research has confirmed that reishi extracts and its beta-glucans can increase white blood cells, support both humoral and cellular immunity, regulate apoptosis and promote healthy cellular differentiation.

Reishi is equally popular for its adaptogenic qualities, owing to beneficial triterpenes that can help to improve sleep, reduce stress and fatigue. One study examined the effects of reishi supplementation in 132 people with neurasthenia, a condition associated with aches, pains, dizziness, headaches, and irritability. The researchers found that fatigue was reduced and well-being was improved after 8 weeks of taking the reishi mushroom extract. A separate study found that reishi reduced fatigue and improved quality of life in those with chronic illness after just 4 weeks of supplementation.

Lastly, reishi mushroom may help to regulate blood sugar levels, cholesterol levels and overall metabolic function through its antioxidant and anti-inflammatory properties.

Cyto-Matrix **Reishi** provides 200mg of cultured reishi mycelium and 250mg of reishi fruiting body extract per capsule to offer health benefits from the entire mushroom. The fruiting body is the reproductive

structure of the mushroom, whereas the mycelium is the vegetative body of the mushroom. Although both the fruiting body and the mycelium perform different functions and have different structures, both contain biologically active compounds.

Cyto-Matrix offers a number of encapsulated mushroom formulas as well as a powdered mushroom blend, **Mycelium Matrix**, to provide practitioners and patients with targeted therapeutic options. All of Cyto-Matrix encapsulated mushroom products include a blend of both fruiting body extracts and mycelia from leading industry suppliers to ensure the highest quality and delivery of active ingredients. Specifically, the fruiting body extraction utilizes the industry standard of high performance liquid chromatography- ultraviolet (HPLC-UV) for identification and processing. The mycelia are grown in an environmentally conscious practice on certified organic, gluten-free, whole grain oats.

#### Each vegetable capsule contains

Reishi .....	250mg
(fruiting body, <i>Ganoderma lucidum</i> ) 8:1 extract equivalent to 2000mg of dry fruiting body*	
Reishi .....	200mg
(cultured mycelia, <i>Ganoderma lucidum</i> )	

\* Hot water and alcohol extract / \*Extrait à l'alcool et à l'eau chaude

#### Non-Medicinal Ingredients

Acacia gum, hypromellose, magnesium stearate.

#### Recommended Use Claim

Source of fungal polysaccharides with immunomodulating properties. Source of antioxidants. Used in Herbal Medicine as a liver tonic. Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress. Used in Herbal Medicine to support the immune system.

#### Directions of Use

Adults (18 years and older) - Take 1 capsule, 1-2 times per day. Take with food/meal to avoid digestive upset

#### Cautions and Warnings

Consult a healthcare professional if • symptoms persist or worsen. Stop use if • hypersensitivity/allergy occurs. Keep out of reach of children.

#### Storage Conditions

Do not use if safety seal is broken.