

PURICA RED REISHI

MICRONIZED MUSHROOMS

Relaxation Support

- **Effective stress relief**
- **Mood calming**
- **Sleep support**

Since ancient times, Red Reishi was reserved for emperors and royalty and has long been used in Asia as an energy tonic to promote longevity and overall health. A much revered mushroom, Red Reishi is now recognized as a powerful adaptogen and immunomodulator that can bring about enhanced balance and rejuvenation of the body.

Red Reishi rejuvenates the body therefore bringing us to a better state of balance within.

Chinese and Japanese herbalists have traditionally recommended Reishi mushrooms for insomnia. Long-term use influences their “sleep-promoting factor”, as it increases slow-wave sleep.

Other studies report that Red Reishi improves both neurological and psychiatric conditions including muscle tension, anorexia, and debility following lengthy illnesses.

Recommended use or purpose: Reishi mushroom is used in Traditional Chinese Medicine to tonify Qi, calm the spirit, and relieve cough and wheezing.

Gluten free, organic PURICA Red Reishi is cultivated in a quality-controlled facility using only the finest organic plant materials.

Medicinal ingredients (each capsule contains):

Organic Red Reishi (*Ganoderma lucidum*) 400 mg

Recommended dose: Adults take 2 capsules 2 times daily.

Non-medicinal ingredients: Silicon dioxide, microcrystalline cellulose, magnesium stearate (vegan), hypromellose.

Cautions and warnings: Consult a TCM health care practitioner prior to use if you have excessive conditions or if symptoms persist or worsen. Do not take if you have a known allergy/hypersensitivity to reishi mushroom, its constituents, or other members of its family. Do not take if you are pregnant or breastfeeding. Discontinue use and consult a health care practitioner if you experience vertigo or epistaxis (nosebleed), if you experience dry mouth and nose, nausea, constipation or diarrhea following ingestion of this product and consult a health care practitioner. Store in a cool dry place, away from children. Do not use if safety seal is broken.



NPN 80028468

BENEFITS

- **Relieves insomnia, anxiety and stress**
- **Balances energy**
- **Encourages sleep**
- **Strengthens immune system**
- **Detoxifies and tones liver and bowel**

OTHER REPORTED BENEFITS OF REISHI

- **Relieves insomnia**
- **Boosts energy, general health tonic**
- **Reduces muscle tension and pain**
- **Calms anxiety**
- **Stimulates liver function, processes of elimination**
- **Supports heart function, integrity of vascular system**
- **Promotes healthy brain chemistry, memory and concentration**
- **Anti-aging, anti-oxidant in free radical scavenging**

PURICA Red Reishi is a Full Spectrum lab-grown product, including mycelium, fruitbody, spores, primordial and extra cellular compounds.



**PROUDLY MADE ON
VANCOUVER ISLAND, BC
SINCE 1999**



CANADIAN



GLUTEN-FREE



VEGAN



NON-GMO

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