

Reishi



Reishi is a species of *Ganoderma* that grows locally on hardwood tree species such as maple, and often exhibits resplendent hues of red, orange, and yellow. It has been used medicinally in cultures around the world, especially the Far East, since antiquity.

Anecdotal evidence suggests one may experience an increase in energy, mental focus, and clearer respiratory function. Reishi has also proven to have beneficial results in activating the immune system.

Contraindications: Reishi is a known vasodilator. Do not use if taking blood thinners or blood pressure medication.

Recommended dose: 1/4 dropper 2x a day in beverage of choice.

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Chaga



Chaga is a mushroom that grows locally on birch trees in the Northeast Forest.

The sterile conk of this parasitic fungus is harvested and used as medicine. Chaga is capable of reducing oxidative stress and mitigating cellular inflammation throughout the body. It is a strong immuno-modulator and has a toning effect on the digestive system.

Recommended dose: 1/4 dropper 2x a day in beverage of choice.

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Turkey Tails



Turkey Tails are prolific multi-colored polypores that grow globally in dense clusters throughout the forest on dead-wood. They are being researched for their potential ability to inhibit certain forms of cancer. Their primary medicinal constituents consist of long chain sugars called polysaccharides.

Recommended dose: 1/4 dropper 2x a day in beverage of choice.

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