



GANODERMA



Ganoderma, also known as reishi, is a type of mushroom that has been used in traditional Chinese medicine for thousands of years.

It is known for its ability to support the immune system and improve overall health.



Ganoderma is also known to have anti-inflammatory properties that can help relieve pain and reduce inflammation in the body.

Ganoderma is esteemed as an adaptogen due to its ability to help the body adapt to stressors and maintain balance. By supporting the body's resilience and promoting homeostasis, it may offer a wide array of benefits, including stress reduction, immune support, improved energy levels, mental clarity, and liver health.

