

NORDIC REISHI

FREEZE DRIED EXTRACT POWDER

Product Information

Description:	Extract powder made from 100% Reishi (<i>Ganoderma lucidum</i>) fruiting bodies.
Country of Origin:	Finland
Product Code:	GLNP-O-FD
Certifications:	EU/USDA certified organic
Extraction:	Made bioavailable through Ultrasonic Assisted Extraction
Compounds of Interest:	NLT 39% <i>Beta-glucans</i>
Moisture Ratio:	8-10%
Particle size:	powder

Materials used

Mushroom:	Reishi fruiting bodies Botanical: <i>Ganoderma lucidum</i> Only mushroom fruiting bodies used
Extraction solvents:	Water
Origin of raw materials:	Reishi: Finland Purified water: Finland

Mushroom growing medium

Substrate:	Birch sawdust
Certification:	Organic & PEFC or FSC certified
Source:	Finland

Processing & Extraction

Processing of mushrooms:	Drying Reishi fruiting bodies, cell broken grinding, ultrasonic assisted extraction, freeze drying, grinding, 3rd party lab testing
Ultrasonic Assisted Extraction:	Through ultrasonication, the mushroom (chitin) cell walls are broken in order to increase bioavailability of compounds. Ultrasonic assisted water and alcohol extraction guarantees that our mushroom extracts have the full spectrum of bioactive compounds. ¹
Manufacturing location:	Finland, KÄÄPÄ Headquarters

Certificates

Organic certifying body:	Finnish Food Authority & USDA
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Quality Control

Microbiological range:

Total count of colony forming units (CFU)	< 20000 cfu/g at 30 °C
Mold & Yeast	< 1000 cfu/g
E.Coli	< 100 cfu/g
Salmonella	Negative/10g

Heavy metal range:

Arsenic	< 1.0 ppm
Cadmium	< 2.0 ppm
Mercury	< 0.1 ppm
Lead	< 1.0 ppm

Analytical values:

Batch specific microbiological and heavy metal analysis provided upon request.

Overview of Reishi

Reishi (*Ganoderma lucidum*) is possibly the most popular functional mushroom on the planet.

Reishi's calming effects are renowned. It has been used for restlessness, insomnia and palpitation in Asia for hundreds of years. Studies have shown that Reishi extract significantly increased total sleep time and non-rapid eye movement (NREM) sleep.²

Compounds of Interest

Beta-Glucans

Assay: NLT 39%

Bioavailable Compounds

- Triterpenes
- β -(1,3)-(1,6)-D-glucans
- Ganoderic acid
- Ganodermic acid

Potential benefits

- Protect against oxidative stress³
- Reduce inflammation⁴
- More restful night sleep⁵
- Fighting fungal overgrowth⁶