



## Reishi-Extract-Capsules

Nutritional supplement with Reishi and zinc

### Useful information:

Reishi (*Ganoderma lucidum*), also known by the name "shiny gloss fungi" is a mushroom that mainly populates hardwoods. Its use has a tradition going back thousands of years in China and Japan. Sanct Bernhard Reishi-Extract-Capsules supplement nutrition with a 10 % polysaccharide standardised Reishi extract, which is obtained from the powder of the full Reishi mushroom in a complex process. The added zinc is one of the essential trace elements and plays an important role in a vitalised, healthy immune system as well as cell protection against oxidative stress, amongst others.

**Ingredients:** Reishi extract (75 %), Gelatine, Maltodextrin (bulking agent), Zink Gluconate, Magnesium Stearate (separating agent).

	per capsule	per daily dose (= 4 capsules)	% of the daily intake according to NRV*	per 100 g capsules
Reishi extract of which	350 mg	1400 mg	**	75 g
Polysaccharide	35 mg	140 mg	**	8 g
Zinc	2 mg	8 mg	80	0.4 g

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

\*\* no reference value available yet

**Recommended dose:** swallow 1-2 capsules 2 x per day with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 120 capsules = 54 g**

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