

Mediking Active Ganoderma Lucidum with CO Q10 Capsules

Origin of Ganoderma

Ganoderma first appeared in the first medical reference of China, Shennong Materia Medica. It has 5000 years history as an herbal medicine in China with sublime state, even more precious than Ginseng. The two most treasured medical masterpiece, Shennong Materia Medica and The Compendium of Materia Medica recorded Ganoderma as the premium medicine and immortal herb.^[1] Ganoderma is a fungi with a hard shell, millions of spores and a bitter taste. It cannot carry out photosynthesis itself but obtain nutrients from other organic substances and dead trees. When Ganoderma gets matured, it reproduces by spreading out spores. If two spores combine, it will then develop to a fruiting body of Ganoderma.

Higher efficacy of the whole Ganoderma lucidum plant with fruiting body when compares with the spores only

Spores products are popular in the market. Most people believed that spores are the most valuable part of a Ganoderma. However, according to the report from Toyama Medical and Pharmaceutical University, the growth stage before the umbrella opening and spreading of spores is regarded as the best time for the pharmacodynamic effects of Ganoderma lucidum. Hence, consuming the whole plant of Ganoderma lucidum with fruiting body is more beneficial than consuming the spores only.

Quality of wild Ganoderma lucidum fluctuates.

How to ensure the quality of Ganoderma?

According to Prof. Tsui, the Chair Professor of Guangzhou University of Chinese Medicine who has been studying Chinese medicine resources and exploitation for more than half a century, Chinese herbs are complicated in varieties. Great discrepancies can exist among one species.^[2] Cultivated Ganoderma is more quality guaranteed since the cultivar must be developed from high-quality variety. For wild Ganoderma, it is impossible to control the harvest period as it is independent among species. Cultivated Ganoderma is free of this problem since it could be harvested regularly.

Fake or poor quality Ganoderma products are available on the market. Most of these cultivated Ganoderma are planted on soil or sawdust and catalyzed by strong light, so that the spread spores can be collected shortly in 3 months. This cultivation method will easily contaminate the spores with pollutants possibly as serious as mycelium and gelatinous contaminants. Long-term consumption of these products could harm our body.

Benefits of Ganoderma lucidum Capsules

Hygiene Assurance – with strict supervision during manufacturing process

Ganoderma lucidum Capsules are different from wild Ganoderma. High quality Ganoderma species is being selected and cultivated on first-grade Logs for one year to make sure the Ganoderma contains as much active ingredients as possible. With close hygienic control, Ganoderma lucidum Capsules are in high efficacy.

High Concentration of Ganoderma Essence – collect in the period at the greatest efficacy

After a number of researches, the most accurate time for Ganoderma collection with the highest efficacy has been determined. Therefore, Ganoderma lucidum Capsules have more nutrients and active ingredients compare to similar products.

Active Ingredients of Ganoderma Lucidum

Ganoderma is rich in active ingredients, here listed some of the ingredients among dozens of them:

Ganoderma Lucidum Polysaccharide (GLP) is one of the most effective ingredients. Medical scientists have done a lot of researches on the active ingredients especially GLP, which could lower the risk of developing abnormal cells.^[1-4]

Ganoderic Acid is a kind of triterpenes. It is an analgesic sedation and tumor suppressor.^[3,5] The concentration of Ganoderic acid A is highly concerned by the manufacturers. It is believed that high proportion of Ganoderic acid A represents high quality Ganoderma product.

Adenosine consists of many derivatives. It can prevent thrombosis, increase blood oxygen capacity and blood microcirculation.^[6]

Organic germanium is a strong immune-stimulant. It increases amount of blood capacity and promotes blood circulation.^[1]

Main ingredients in Active Ganoderma Lucidum with CO Q10 Capsules:

Ganoderma lucidum

Studies show that Ganoderma lucidum contains GLP, 18 kinds of amino acids, adenine nucleotide, oleic acid and Ganoderma lucidum cellulose, which can improve body defense and cardiovascular system, and maintain healthy lipid profile.^[1,2,3,7]

Coenzyme Q10

Coenzyme Q10 (CO Q10) is a fat-soluble compound synthesized by the body and also consumed in the diet. It is found in every cell and is required by the body energy-producing structures within cells. One of the critical functions is converting nutrients into energy. This conversion is very important for the heart cells to support their heavy workload and energy consumption.

CO Q10 is also a well-known antioxidant that can increase our oxygen utilization in the bodies, enhance body defence,

promote cell self-repairing, inhibit free radicals, anti-aging and enhance physical capacity.^[8] Addition of CO Q10 improves and prolongs the functions of Ganoderma lucidum in our body.

Ganoderma is described in the Pharmacopoeia for the following problems:^[9]

- anxiety and uneasiness
- insomnia and palpitations
- cough and wheezing
- fatigue and listlessness
- poor appetite

Benefits of Mediking Active Ganoderma Lucidum with CO Q10 Capsules

- Tonify qi and achieve calming effect^[9]
- Stop cough and arrest wheezing^[9]
- Liver tonic^[10,11]
- Nourish the heart^[10,11]
- Provide antioxidants^[10,11]
- Immunomodulating^[10,11]
- Support the immune system^[10]
- Help increase energy^[10,11]
- Improve resistance to stress in case of mental and physical fatigue^[10]

Recommended daily dose:

For adult: take 1-2 capsules 2 times daily.

For children: take 1 capsule daily.

References:

1. Wachtel-Galor S, Yuen J, Buswell JA, Benzie IFF. Ganoderma lucidum (Lingzhi or Reishi): A Medicinal Mushroom. In: Benzie IFF, Wachtel-Galor S, editors. Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition. Boca Raton (FL): CRC Press; 2011. Chapter 9.
2. Lu J, Qin JZ, Chen P, Chen X, Zhang YZ, Zhao SJ. Quality Difference Study of Six Varieties of Ganoderma lucidum with Different Origins. Front Pharmacol. 2012;3:57.
3. Med-Scope. Ganoderma. Available from: http://www.appliedhealth.com/index.php?option=com_content&view=article&id=108327&Itemid=206.
4. Gao Y, Zhang R, Zhang J, Gao S, Gao W et al. Study of the Extraction Process and In Vivo Inhibitory Effect of Ganoderma Triterpenes in Oral Mucosa Cancer. Molecules 2011;16:5315-32.
5. Li EK, Tam LS, Wong CK, Li WC, Lam CW et al. Safety and efficacy of Ganoderma lucidum (lingzhi) and San Miao San supplementation in patients with rheumatoid arthritis: a double-blind, randomized, placebo-controlled pilot trial. Arthritis Rheum. 2007;57(7):1143-50.
6. Ishibashi Y, Duncker DJ, Zhang J, Bache RJ. ATP-sensitive K⁺ channels, adenosine, and nitric oxide-mediated mechanisms account for coronary vasodilation during exercise. Circ Res. 1998;82(3):346-59.
7. Hajjaj H, Macé C, Roberts M, Niederberger P, Fay LB. Effect of 26-oxygenosterols from Ganoderma lucidum and their activity as cholesterol synthesis inhibitors. Appl Environ Microbiol. 2005;71(7):3653-8.
8. Littarru GP, Tian L. Clinical aspects of coenzyme Q10: an update. Nutrition. 2010;26(3):250-4.
9. PPRC 2010: Pharmacopoeia of the People's Republic of China 2010. Volume I. Beijing (PRC): Chinese Pharmacopoeia Commission; 2010.
10. Reishi – Ganoderma Lucidum. Health Canada: Natural Health Product Ingredients Database. Available online at <http://www.hc-sc.gc.ca>
11. Coenzyme Q. Dietary Supplements. Available online at <http://www.medicinescomplete.com>

Disclaimer: This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.
免責聲明：此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。