



Ganoderma Lucidum Capsules with CO Q10

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 safe and 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.

Stable in Quality

The cultivation method of Ganoderma lucidum Capsules is a biotechnology certified by the US Food and Drug Administration. Ganoderma development is not affected by instability factors like weather and natural environment. With the most advanced testing method, the active ingredients can be continuously guaranteed so as the stability of every single capsule.

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 Ganoderma Lucidum Capsules with CO Q10: 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 Ganoderma Lucidum Capsules with CO Q10:

- 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:

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