



# Ganowel<sup>TM</sup>



**Reishi Mushroom  
Dietary Supplements**

## Reishi Mushroom Dietary Supplements

Reishi mushroom is one of the most important specialty mushrooms with a wide range of medicinal properties, known for last two millenniums. It has been widely used in ancient and modern Chinese herbal medicine, became a panacea for several chronic diseases in oriental traditional medicine (Sheena et al., 2005). Hence it is considered as ‘King of Herbs’.

Now a days, Reishi mushroom is occupying a major position in nutraceutical sector all over the world, where China and Malaysia are major producers. It has been used by millions of people in China, Japan, Korea for many centuries and now it is accepted and suggested by physicians in European countries and United States of America as well. India is also joining this league by increasing the production, processing and consumption of Reishi mushroom.

There is empirical evidence brought to light by scientists, doctors, pharmacologists and biotechnologists that, the beneficial treatment of diabetes, arthritis and cancer can be obtained by consumption of Reishi as a dietary supplement for a reasonable period of time on daily basis.

### Components of Reishi Mushroom

Reishi mushroom has two biologically important components called fruiting body and mycelium. The active ingredients from these components are extracted and called as Reishi Gano extract (RG) and Ganocelium extract (GL) respectively. These extracts are further formulated and capsulated according to the established standards.

RG comprises of approximately 400 different bioactive compounds which can be divided into 3 categories of 30% of water soluble elements, 65% of organic soluble elements, and 5% of volatile elements. They are polysaccharides, triterpenoids, adenosine, organic germanium, ganoderic essence (Table 1) etc.,

**Table 1: Bio active components in Reishi Gano**

Component		Description
Major		Polysaccharides, Triterpenoids, Organic germanium, Adenosine, Ganoderic essence
Minor	Vitamins	A, C, E, B2, B6, B9, K
	Minerals	Iron, Zinc, Boron, Magnesium, Potassium, Selenium,
	Others	Protein, Beta carotene, choline, folic acid, niacin, omega 3, Omega 6, allicin, Co-Q10, flavonoids, monosaturated fats, phyto estrogen, glucosamine, chondroitin, niacin, pantothenic acid, lecithin, protomorphogens, zingibain, mannitol

Source : Bhagvan et al., 2009, Mizuno, 1995, [www.redmushrooms.com](http://www.redmushrooms.com).

GL comprises of polysaccharides, organic germanium as major constituents at 4 times higher concentrations compared to RG. Further, it contains full range of vitamins and minerals (Table 2).

**Table 2: Bio active components in Ganocelium**

Component		Description
Major		Polysaccharides, Organic germanium, Vitamins A, C, E, B2, B6, B9, K and Minerals Iron, Zinc, Boron, Magnesium, Potassium, Selenium, Calcium
Minor		Protein, Linolenic acid, Beta carotene, choline, folic acid, niacin, omega 3, Omega 6, allicin, Co-Q10, flavonoids, monosaturated fats, phyto estrogen, glucosamine, chondroitin, niacin, pantothenic acid, lecithin, protomorphogens, zingibain, mannitol

Source: Bhagvan et al., 2009, Mizuno, 1995, [www.redmushrooms.com](http://www.redmushrooms.com).

**Benefits of RG** (Dr.Lim Sow Jin)

- 1. Strengthens the natural healing ability of the body by improving immune system, and eliminating viruses, bacteria and other toxins.
- 2. Increases absorption of oxygen by the blood up to 1.5 times, promotes cell metabolism and prevents tissue degeneration.
- 3. Improves blood circulation by inhibiting blood platelet aggregation and regulates body organs to function properly.
- 4. Activates the cell nuclei, which is responsible for directing their growth, metabolism, reproduction and functioning.
- 5. Rejuvenates body tissues and beautifies the skin.



**Benefits of GL** (Dr.Lim Sow Jin)

- 1. Strengthens immunity.
- 2. Provides anti oxidants.
- 3. Improves cell metabolism.
- 4. Provides full range of vitamins for normal growth and activity of the body.
- 5. Provides full range of minerals essential components of bodily substances.

**Combined benefits of RG and GL** (Dr.Lim Sow Jin)

- Increases Immunity.
- Provides powerful anti-oxidants.
- Enhances the body’s detoxification process.
- Promotes blood circulation.
- Improves brain function by increasing the oxygen carrying capacity of the blood.
- Regulates blood glucose by assisting pancreas functions.
- Prevents allergic responses by inhibiting the release of histamines.
- Relieves fatigue by aiding the body to sleep very well.
- Energizes the body by providing vitamins, minerals and active elements.
- Neutralizes the acids in the body
- Supports the body’s natural desire to return to optimal health.
- Promotes youthfulness and longevity.

**Ganotherapy** (Table 3)

Bioactive Compound in Reishi	Therapeutic Effects	References
Protein LZ-8, P-D-glucan, Ganoderic acid	Immunomodulation, Mitogenic activity, Stimulation of immune effector cells and complement system	Kim <i>et al.</i> , (1997); Zhang <i>et al.</i> , (1993); Wang <i>et al.</i> ,(1997); Han <i>et al.</i> , (1998); Kino <i>et al.</i> , (1991)
P-D-glucans, heteropolysaccharides, glycoproteins, lanostanoid, 3P-hydroxyl-26-oxo-5a-lanosta-8, 24-dien-11-one, and steroid, ergosta-7,22-diene-3P,3a,9a-triol	Anti-Cancer, Anti-Tumour, Chemo and Radio Prevention	Miyazaki and Nishijima, (1981); Usui <i>et al.</i> , (1981);
Triterpenoids: Lucidenic acid O; Lucidenic lac-tone; Ganoderiol; Ganodermanontriol and Gano-deric acid	Anti-HIV-1 And Anti-HIV-1- Protease	Sahar, (1997); Min et al., (1999)
Glycans: Ganoderans B and D	Anti-Diabetic	Mohammad, <i>et al.</i> , (2007); Gao, (2004)
Ganoderic acids R & S and ganosporeric acid A	Hepatoprotective	Wang et al., (2002); Gao, (2002)
Ganoderic Acid C, 3-oxo-5a-lanosta-8,24-dien-21-oic acid	Anti-Inflammatory	Joseph <i>et al.</i> , (2009); Horng-Huey Ko <i>et al.</i> , (2008);
ganoderic acids C and D	Anti-Allergic	Smith, (2002); Tasaka <i>et al.</i> ,(1988);
ganoderol B	Anti-Androgenic	Fujita <i>et al.</i> , (2005);
Acidic protein bound polysaccharides	Anti-Herpetic	Kim <i>et al.</i> , (2000);
Neutral protein bound polysaccharide, Acidic protein bound polysaccharide, ganodermin	Anti-Microbial: Anti-Viral, Anti-Bacterial, Anti-Fungal	Sahar, (1997); Min et al., (1999), Smith, (2002); Suay, (2000); Eo <i>et al.</i> , (1999);
Polysaccharides	Anti-Ulcerogenic	Gao <i>et al.</i> , (2002a)
Ganoderic acid T	Anti-Proliferative activity	Tang <i>et al.</i> , (2006)
Powdered mycelium and water extract of mycelium	Cardiovascular and Circulatory Functions	Kabir et al., (1988); Lee and Rhee (1990);
Source: Bhagwan et al., 2009.		

Reishi mushroom is proved as anti-cancerous, immunomodulating, cardiovascular improving, respiratory improving, antihepatotoxic, antinociceptive, antineoplastic (Anonymous, 1997).

They have been used in the treatment of / proved effective on chronic hepatitis (Lin et al., 1985), hyperlipemia ( Zhong et al., 1973), neurasthenia (Xin et al., 1976), leucopenia (Zhong et al., 1995), cancer (Harhaji et al., 2009, Sheena et al., 2005), antibiotic and cardiovascular improvement (Hand book of chinese herbs, 1996), hepatopathy, nephritis, hypertension, arthritis, insomnia, bronchitis, asthma, gastric ulcer, arteriosclerosis, diabetes, anorexia (Stamets, 1993, John and Birmingham, 1992 and Mizuno et al., 1995), Dermatological disorders (Xi et al., 1984), Frost bites (Lin et al., 1986).

Further, the substances extracted from the mushrooms can reduce blood pressure, blood cholesterol and blood sugar level as well as inhibition of platelet aggregation. The regular consumption of Reishi mushroom powder was believed to preserve the human vitality and to promote longevity (Guest editorial of ‘Leukemia Research’ journal, 2006).

### Progress of health regeneration (Dr. Lim Sow Jin)

1. Scanning of diseases : 1-30 days
2. Cleansing and detoxification : 1-30 weeks
3. Regulating body functions : 1-12months
4. Building and healing body systems : 6-24months
5. Regenerating health : 1-3years



### Research

A multitude of research institutes all over the world have done an in-depth research on each of the properties of therapeutic values of Reishi mushroom and their findings have been published through thousands of research papers in national and international journals.

### SSD mushrooms

SRI SAI DEEPTHI MUSHROOMS (SSDM) was established in the year of 2011 and is among the pioneers in the field of production and processing of medicinal mushrooms in India. SSDM has Reishi producing farm in South India with a production capacity of 5 tonnes/annum.

It has a fully equipped and well maintained mushroom farm with good quality control strategies. It is registered under FSSAI Act 2006, Regd no: FSSAI 20113015000057. SSDM has developed its own technologies to produce and process best quality RG and GL dietary supplements in capsule form. These dietary supplements are available under the trade name of GANOWEL™.

### Ganowel™ Dietary Supplements

- **Ganowel™** RG capsules 400mg. in 60 capsules bottles and 500 cpsules pet jars.
- **Ganowel™** GL capsules 400mg. in 60 capsules bottles and 500 cpsules pet jars.





**Ganowel™** Dietary Supplements are available in packing of 60 capsule of 400mg in sealed bottles.

## Suggested Use

One capsule each, Twice a day with water half an hour before meals or as suggested by the doctor. Suggested to take plenty of water for better results.

**Ganowel™** RG and GL dietary supplements are analysed and certified in respect of quality by ISSO certified, NABL & BIS accredited and FSSAI approved labs. They are also certified to be free from steroids, heavy metals, alcohol and harmful toxic elements. It supplies the best quality capsules of **Ganowel™** RG and GL at competitive prices.


**Disclaimer:** This Information is provided for informational purpose and is not meant to substitute for the advice provided by medical professional.

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