

ORGANO™ MYCELUM

Early harvest from the Ganoderma Lucidum mushroom makes the Mycelium extremely valuable in supporting immune health. The Ganoderma Mycelium is packed with antioxidants to keep you healthier, sharp, and strong.

ANATOMY OF A HEALTHY MEAL

Just as Mycelium gives you some nutrients to stay sharp, mixing it with healthy food choices can make a difference.

An ideal meal contains:

Veggies should account for at least 45% of your meal, they are rich in fibre, water and minerals.

Whole Grains support your body with fibre and protein, they should make up 25% of your meal.



The other 5% can be filled with mixed fruits!

Protein is 25% of your meal and should be clean and healthy. Choose fish, poultry, beans or nuts.



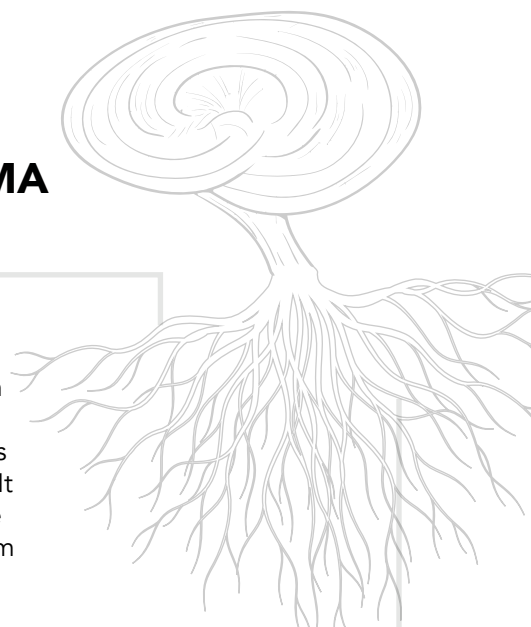
Don't forget to stay hydrated and have at least 30 minutes of physical activity per day.



"BABY" GANODERMA

Mycelium is the early harvest of the Ganoderma Lucidum mushroom, and is packed with nutrients good for your body. It is harvested from the 18-day-old mushroom and is rich in:

- Polysaccharides to boost immunodeficiency¹
- Beta-glucan, a form of soluble fiber to improve cholesterol levels
- Antioxidants that prevent and slow cell damage from free radicals²



HOW TO USE



Take 2 capsules, 3 times a day