



### HEALTH CLAIMS

- Low Saturated and trans fatty acids can help reduce total blood cholesterol or blood LDL cholesterol
- Low Sodium can help reduce blood pressure
- Low Sugar
- Increased intake of fruit & vegetables can help reduce risk of coronary heart disease

### FEATURES

- Certified Organic plant based wholefood
- Suitable for vegetarian & vegan diet
- Contains polysaccharides in particular Beta-glucans which has shown to have positive effects on regulating blood cholesterol with diet low in saturated fatty acids
- Traditionally used to improve general wellbeing and longevity

**Organic Reishi Mushroom Powder** is an Australian Certified Organic Mushroom powder that is sometimes referred to as the 'Mushroom of Immortality' due to its many traditional pharmacological effects. Reishi has been shown to improve the overall wellbeing and longevity of the human body for thousands of years as studied in China. The Reishi Mushroom is commonly consumed for protecting the immune & cardiovascular system, cleansing the liver, decreasing arthritic diseases, restoring gut health and reducing inflammation.

### SPECIFICATIONS

Physical & Chemical	
Colour	brown
Particle Size	100% pass 100mesh
Moisture (%)	≤9%
Ash	≤15%
Polysaccharides	≥2%
Heavy Metals	<10ppm
Pesticide Residue	<1ppm
Microbiological	
Total Plate Count	< 10,000 cfu/g
Yeast & Mould	< 1,000 cfu/g
<i>E.coli</i>	< 100 cfu/g
Salmonella	Absent/25g

### OTHER CHARACTERISTICS

Taste	Characteristic of mushroom
Certification	Organic (NOP; EU; ACO); Kosher; FSSC 22000
Allergens	Free from input of GMO; Dairy; Egg; Gluten; Lupin; Peanuts; Soy; Tree nuts & other additives
Safety	Food grade, suitable for human consumption
Shelf Life	Best Before 36 months in original sealed bag stored <25°C away from direct contact with light, heat & Moisture
Packaging	1kg foil bag; 20kg polybag in cardboard carton

### TYPICAL DATA (all figures based on independent analysis)

#### Labelling

Organic Reishi Mushroom powder, *Ganoderma lucidum*

#### Nutritional Labelling per 100g

Energy		978kJ
Protein		9.2g
Carbohydrates	-available	21.4g
	-sugars	0.1g
Dietary Fibre		54.8g
Fat	-total	1.1g
	-saturated	0.3g
	-monounsaturated	0.6g
	-polyunsaturated	0.2g
	-trans	<0.1g
Sodium		2mg
Calcium		169mg
Iron		7mg
Magnesium		51mg
Potassium		251mg
Phosphorus		107mg
Zinc		1mg

Australian and New Zealand Distribution:

PHYTO  THERAPY

Manufacturer:



Organic certified by:

