INSTRUCTIONS FOR USE

Organic Reishi Inner Sanctum

Inner Sanctum Organic Reishi

Ingredients: 100% raw organic *Ganoderma lucidum* whole fruiting body powder.

How to use: Take 1 to 2 teaspoons (about 2 to 4 g) once or twice a day, in tea, cocoa, plant milk or a smoothie. It pairs best with strong flavors. Use in cycles of up to 8 to 10 weeks, then take a break of 1 to 4 weeks.

Warnings: Do not exceed the recommended daily dose. Keep out of reach of children. Intended for adults. If you are pregnant, breastfeeding, taking medication or have a health condition, consult your doctor or pharmacist before use. Do not use if the packaging is damaged. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Storage: Store tightly closed in a cool, dry place (up to 25 °C), away from heat, light and humidity. Don't keep it in the bathroom.

Composition

Reishi (Ganoderma lucidum)

100% organic fruiting body reishi mushroom powder.

Naturally contains polysaccharides, triterpenes, and other bioactive compounds, which make it one of the most researched functional mushrooms.

Traditionally used as part of dietary approaches related to:

- **supporting the immune system**
- **adapting to stress**
- **overall balance in the body**

Scan the code to open the instructions any time, even without this sheet.