

Ganoderma Plus

Nutritional Support for
Healthy Liver Function*

Ganoderma Plus Supplementation

NutriDyn Ganoderma Plus is a unique formula that provides extracts of *Ganoderma lucidum* to support liver and immune system function.* *Ganoderma lucidum* is a large, tough mushroom that has been used for centuries in Traditional Chinese Medicine as an herbal remedy.

Read on to learn more about the bioactive compounds in Ganoderma Plus and how they work in the body to support healthy liver and immune function.*

Given the importance of the nutrients found in Ganoderma Plus for supporting overall liver function, supplementation can help users in a variety of ways.* The most relevant research-backed benefits derived from supplementation with Ganoderma Plus include:

- Supports healthy liver function*
- Supports healthy immune function*
- Supports healthy blood lipid profiles*⁵

How Ganoderma Plus Works

There are several species of Ganoderma fungi. However, the vast majority of the research done on this mushroom's beneficial impact has been performed using *Ganoderma lucidum* (the form found in Ganoderma Plus). Findings thus far suggest that extracts of *G. lucidum* have immunomodulatory effects and help support the liver.*¹

The primary compounds responsible for these effects are proteins and triterpenes, especially ganodermic acids.² Research demonstrates that ganodermic acids have a beneficial effect on the immune system and promote a healthy response.*³ The unique proteins found in *G. lucidum* have also been shown to have healthy liver-promoting properties by supporting healthy levels of oxidative stress.*⁴



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%DV
Organic Reishi (<i>Ganoderma lucidum</i>) Mushroom Extract 4:1	250 mg	**
Reishi (<i>Ganoderma lucidum</i>) Spore Powder	250 mg	**

Other Ingredients: Hypromellose, dicalcium phosphate dihydrate, vegetable magnesium stearate, silica.

Directions: Take one capsule two to three times daily as a dietary supplement or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Kimura, Y., Taniguchi, M., & Baba, K. (2002). Antitumor and antimetastatic effects on liver of triterpenoid fractions of *Ganoderma lucidum*: mechanism of action and isolation of an active substance. *Anticancer research*, 22(6A), 3309-3318.
2. Min, B.-S., Nakamura, N., Miyashiro, H., Bae, K.-W. & Hattori, M. (1998). Triterpenes from the spores of *Ganoderma lucidum* and their inhibitory activity against HIV-1 protease. *Chemical and Pharmaceutical Bulletin*, 46: 1607-1612.
3. Khoda, H., Tokumoto, W., Sakamoto, K., Fujii, M., Hirai, Y., Tamasaki, K., Komoda, Y., Nakamura, H., Ishihara, S. & Uchida, M. (1985). The biologically active constituents of *Ganoderma lucidum* (Fr.) Karst. histamine release-inhibitory triterpenes. *Chemical and Pharmaceutical Bulletin*, 33: 1367-1374.
4. Shi, Y., Sun, J., He, H., Guo, H., & Zhang, S. (2008). Hepatoprotective effects of *Ganoderma lucidum* peptides against D-galactosamine-induced liver injury in mice. *Journal of Ethnopharmacology*, 117(3), 415-419.
5. Chen, W. Q., Luo, S. H., Li, H. Z., & Yang, H. (2005). Effects of *Ganoderma lucidum* polysaccharides on serum lipids and lipoperoxidation in experimental hyperlipidemic rats. *Zhongguo Zhong yao za zhi= Zhongguo zhongyao zazhi= China journal of Chinese materia medica*, 30(17),1358-1360.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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