

Reishi

Ganoderma lucidum



Medicinal Uses

Reishi is used to help with heart disease, cancer, diabetes, inflammation, liver damage, and many other conditions. Reishi opens the system up for healing and aids sleep and relaxation. The Spores contain 300% more triterpenes than the fruiting body. Reishi is rich in polysaccharides and contains adenosine, amino acids, minerals, alkaloids and polypeptides

Also known as

The Divine Mushroom of Immortality - need we say more. Also known as Mannetake, Ling Zhi, Youngzhi

Habitat & season

Grows at the base of decaying hardwood trees in both northern temperate and tropical regions. Season is late summer through autumn

Identification features

Kidney-shaped conk that turns from white to orange to dark red browns with a glossy exterior and a woody texture. Grows from a stem unlike other saprotrophic bracket or shelf fungi. They are often found covered in spores. There are approx 80 different types of Reishi - one of them *Ganoderma Rooneyi* discovered by our good friends William and Matthew

Interesting

Reishi was ranked the highest out of 365 plants and fungi for use in TCM (Traditional Chinese Medicine). The spores are made up of chitin which is one of the hardest naturally occurring substances on Earth

Available in

- Used extensively in personal blends in its many forms and alongside other mushrooms.
- Myco4 Functional blend: Joyful Belly, Peaceful mind, Happy Hormones, Smooth Moves, Immune Boost

Warning

Cease from use before surgery as could impair blood clotting

Research

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Ahmad et al, 2021. *Ganoderma lucidum* (Reishi) an edible mushroom; a comprehensive and critical review of its nutritional, cosmeceutical, mycochemical, pharmacological, clinical, and toxicological properties

Richter, 2023. 6 Benefits of Reishi Mushroom (Plus Side Effects and Dosage)

Cai et al, 2017. Polysaccharides from *Ganoderma lucidum* attenuate microglia-mediated neuroinflammation and modulate microglial phagocytosis and behavioural response