

### **RED REISHI TEA / ALCOHOL EXTRACT INSTRUCTIONS**

RED REISHI [*Ganoderma lucidum* (Karst)] has been used in Chinese medicine for centuries. Reishi is an adaptogen and has very few side effects. Medicinal mushrooms are not meant to take the place of recognized care/treatment but to act as a supportive and complementary supplement.

#### **PREPARATION for TEA / ALCOHOL EXTRACT \***

1. For increased anti-inflammatory effect – grind mushrooms and soak in alcohol (cheap vodka or cane spirits, 1-1.5 litres or enough to allow the pieces to float) for 2-4 weeks, shaking daily.
2. Reduce the alcohol to approximately 500ml
3. Squeeze out all the alcohol and put to one side.
4. Add 2 litres water to the alcohol soaked mushrooms and simmer/pressure cook for three hours.
5. After three hours pour off the water.
6. Repeat the simmering process until no more discoloration is visible in the water. You should have approximately 3-4 litres of water after all the simmering.
7. Reduce the water portion to approx. 500ml and combine with the alcohol portion. This should produce approximately 1 litre of water/alcohol extract.
8. Store in the fridge in a dark bottle.

\* If preferred, skip the alcohol soak and follow instructions from number 4 to 8 (leaving out the alcohol)

Hint: Freeze into ice cubes and pop a cube into your early morning green tea or coffee. Can be taken hot or cold; add honey to improve taste if preferred.

#### **DOSAGE**

MAINTENANCE/PREVENTATIVE: ~2g extract per day [3 teaspoons daily].

THERAPEUTIC: ~4g extract per day [6 teaspoons daily].

#### **CONTRA-INDICATIONS AND WARNINGS**

- The effect of Reishi with immune-suppressive treatment e.g. after organ transplant surgery is not known.
- Prolonged clotting time, the use of Reishi should be stopped one week prior to surgery.
- Prolonged use may lead to drying of nasal mucosa, this is remedied by halting the use of Reishi for a month followed by resumption of treatment, or by continuing treatment and allowing the body to adjust.
- Medicinal mushrooms are not meant to take the place of recognized care/treatment but to act as a supportive and complementary supplement.

**TO ORDER DRIED REISHI OR FULL SPECTRUM EXTRACT – SHOP ON-LINE: [WWW.MUSHRUSH.CO.ZA](http://WWW.MUSHRUSH.CO.ZA)**  
**CONTACT: [SALES@MUSHRUSH.CO.ZA](mailto:SALES@MUSHRUSH.CO.ZA)**