



Reishi Bio 100 g Doypack Superfoods Drasanvi

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Description

Reishi, *Ganoderma lucidum*, one of the most used mushrooms in traditional Chinese culture and increasingly known in the West. The name "**ganoderma**" comes from the Greek "**ganos**" glow and "**dermos**" skin, and the name of the species "**Lucidum**" bright comes from the Latin. It is difficult to find in nature and is grown on trees such as oaks, beeches or maples. Also, fresh is not usually consumed by its bitter taste. Contains unsaturated fatty acids, polysaccharides and minerals such as Germanium and Calcium. The Reishi is considered a superfood by its nutritional values and it is in autumn and winter, when it is cold, the moment in which it is consumed more frequently.

Ingredients

Organic Reishi powder (*Ganoderma lucidum*) 6 g

Directions

Add one or two dessert spoons to sauces, shakes, to milk or vegetable drinks, desserts and other recipes. Add it once the dish is tempered.

1 dessert tablespoon = around 2 grams

Presentation

Contains 100 g (3.52 oz)

Warnings

Store in a cool, dry place.

Additional Information

Organic Certification

The process of harvesting and processing of Reishi is done in compliance with the highest standards of quality, which has allowed us to be certified as organic.

Nutrition Facts

Per 100 g

Ingredients	Percentage	Quantity/100 g
Energetic Value		871 kJ / 214 kcal
Fats	2,2%	2,2 g
of which saturated	0,56%	0,56 g
Carbohydrates	1,61%	1,61 g
of which sugars	<0,5%	<0,5 g
Fibre	72,73%	72,73 g
Proteins	10,63%	10,63 g
Salt	<0,01%	<0,01 g

Allergen Information

Allergen-free

Certifications

