

GUIDE TO CHAGA

Chaga

The Mushroom of Resilience

Used for centuries across Northern Europe and Asia, Chaga grows on birch trees in cold climates and contains some of the highest antioxidant levels found in nature.

It's used daily to support immunity, resilience, recovery, and overall vitality.

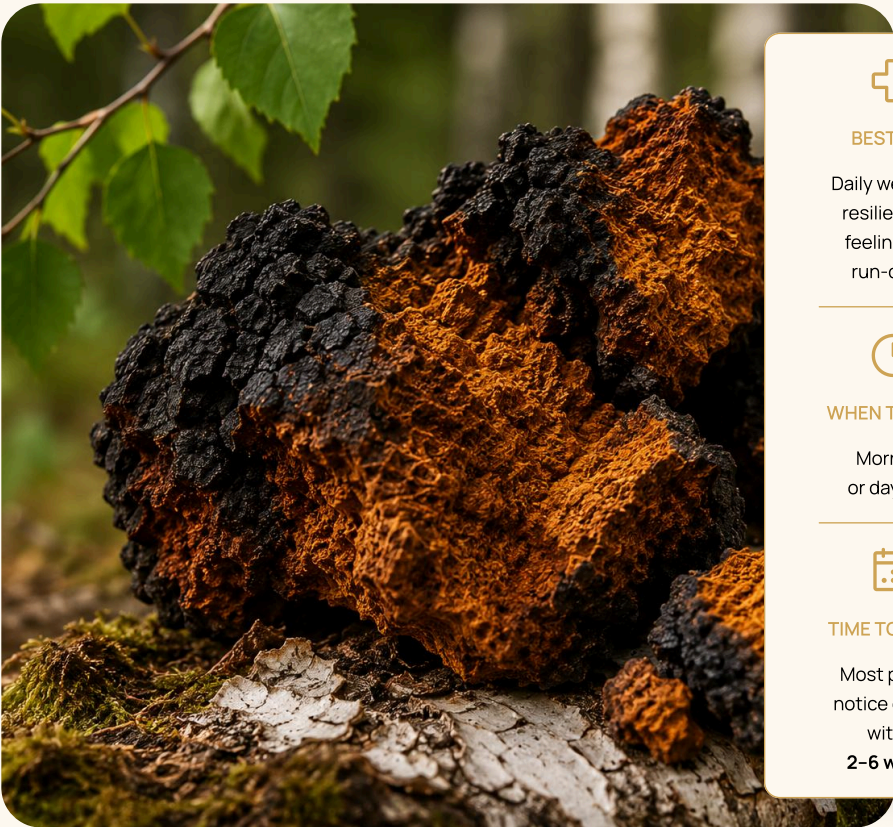
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Immune Support
- 

Antioxidant Rich
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Stress Resilience
- 

Overall Vitality



BEST FOR

Daily wellness
resilience &
feeling less
run-down



WHEN TO TAKE

Morning
or daytime



TIME TO WORK

Most people
notice effects
within
2-6 weeks

WHAT CHAGA DOES

Subtle Support. Real Results

Chaga doesn't "hit" like caffeine or stimulants.

Instead, it works in the background to strengthen your body's natural defences and help you handle daily stressors more easily.



Steadier Energy

Less crashing.
More consistent
throughout the day



Immune Support

Helps support the
body's natural
defenses.



Stress Resilience

Supports your body's
ability to adapt to daily
stress.



Improved Recovery

Better rest and
recovery for body
and mind.



Antioxidant Rich

One of nature's
richest sources of
antioxidants.



Overall Vitality

Feeling less run-
down and more like
yourself again.



TAKE
DURING
THE DAY

HOW TO TAKE CHAGA

Easy to Add. Easy to Stick To.

Build it into your daily routine.
Consistency matters far more than
mega-dosing.



With breakfast, coffee, or tea



Morning or daytime



Take with food



Combine with your other supplements

TIME TO WORK

The Power of Consistency

Functional mushrooms work
cumulatively. The longer you stay
consistent, the more you feel.



Week 1

Your body begins to adapt.



Week 2-3

Subtle changes start to appear.



Week 4-6

Noticeable improvements
in energy and wellbeing



Beyond 6 weeks

Benefits continue to build
and compound

TRACK YOUR PROGRESS

Simple Daily Check-In

Because the effects can be subtle, tracking how you feel over time helps.
Each evening rate the following from 1-10.

1 = Low 5 = Average 10 = High

DAY	 ENERGY	 STRESS	 RECOVERY	 OVERALL WELLBEING
Day 1				
Day 7				
Day 14				
Day 21				
Day 28				

