

GUIDE TO REISHI

Reishi

The Mushroom of Calm

Renowned in Eastern traditions as the “mushroom of immortality,” Reishi grows on hardwood trees and is cherished for its ability to promote deep relaxation and long-term balance.

It’s used daily to support restful sleep, stress relief, and a strong, balanced immune system.



Immune Support



Stress Relief



Better Sleep



Overall Balance





BEST FOR

Stress relief, better sleep, and immune balance



WHEN TO TAKE

Evening or anytime



TIME TO WORK

Most people notice effects within **2-6 weeks**

WHAT REISHI DOES

Calm the Mind. Restore the Body.

Reishi works with your body's natural rhythm to ease stress and promote restorative rest.

It helps you unwind, sleep deeper, and wake up feeling more refreshed and resilient.



Immune Support
Supports natural defenses and overall immune function.



Stress Relief
Helps your body adapt to stress and promotes a sense of calm.



Better Sleep
Encourages deeper, more restful sleep and healthy sleep cycles.





Heart Health
Supports cardiovascular health and circulation



Liver Support
Supports liver function and the body's natural detox processes



Overall Balance
Promotes harmony between body and mind, every day



TAKE BEFORE BED

HOW TO TAKE REISHI

Simple to Sip. Easy to Love.

Make it a soothing part of your evening routine. Small habit, big impact.

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With tea, warm milk, or your favourite drink
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Evening or anytime
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Take with or without food
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Combine with your other supplements

TIME TO WORK

The Power of Consistency

Reishi works gently over time to build balance from within.

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Week 1
You start to feel more relaxed and sleep comes easier
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Week 2-3
Deeper sleep and better stress management
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Week 4-6
Improved resilience and overall well-being
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Beyond 6 weeks
Long-term balance, vitality, and inner calm

TRACK YOUR PROGRESS

Rest. Reset. Repeat

Tracking helps you see how Reishi supports your sleep, stress, and overall well-being over time.

1 = Low 5 = Average 10 = High

DAY	 SLEEP QUALITY	 STRESS LEVEL	 IMMUNE SUPPORT	 OVERALL BALANCE
Day 1				
Day 7				
Day 14				
Day 21				
Day 28				

