



*Siberian health*

*Chaga will influence  
your life!*



# SIBERIAN chaga mushroom

(*Inonotus obliquus*)

**100% natural product, dietary supplement**

It is a highly appreciated mushroom with a stimulant effect that has been used in traditional Siberian and Chinese herbal medicine for a long time. It grows in colder areas of northern Asia and northern Europe. It grows on living birches, uses and stores their nutrients and energy and provides it to the consumer. The Chaga mushroom is the biggest storage of healing and curing features that may be found in one mushroom or plant.

**Other names:** Inonotus sticking

**Origin:** subarctic Siberian birch woods

**Composition:** The Siberian chaga not only contains a high amount of antioxidant, but many important substances including specific polysaccharides, phenolic compounds, triterpenes (inotodiol, betulinic acid, betulin), melanin, vitamins B, D3, K1 (folic acid), trace elements (germanium, selenium, zinc), essential minerals, amino acids and dietary fibre.

**Chaga is a rich source of  $\beta$ -(1,3)-D-glucans, specific polysaccharides, which are the essence of a properly functioning immune system.**

## History of use

For centuries, chaga has been regarded by the Asian and Russian cultures as the „**Queen of Herbs**“ and „**mushroom of immortality**“. In traditional Chinese medicine, it was considered an excellent herb that managed to balance the body „**qi**“ and spiritual aura, promote a healthy immune system, help in detoxification and overall function as an adaptogen that helps the body in its fight against the effects of stress. **Chaga is a very special adaptogenic herb that is classified as a medical mushroom in traditional Chinese medicine.**

Each of the Chinese rulers, philosophers and physicians, who were important for the development of traditional Chinese medicine, mentions the medicinal effects of mushrooms and their use in treatment and increasing life expectancy. *Chronicles mention that chaga was used in the treatment of the Russian Tsar Vladimir Monomach (reigned 1113-1125), who was suffering from lip cancer.*

## Siberian folk medicine:

In remote parts of Siberia, only natural products and herbs were used in treatment by local shamans. They passed their knowledge and the knowledge of their predecessors over the centuries to their ancestors and future generations. Their traditional medicine is still the subject of research. They used various types of fungi in their treatment. Chaga was used to „*purify*“ the body – it demonstrably addressed problems with the heart, liver, tuberculosis, and was also administered for protection against parasitic worms. It was used for detoxification, nausea and as a tonic to strengthen the body.

**It is documented:** The oldest written report of this fungus in literature comes from the 16th century when it was used as a cure for cancer. The inhabitants of northern regions of Siberia who regularly drank tea made from this fungus never became ill from cancer. They lived to a great age.

Furthermore, there are records of treatment cases in digestive tract diseases (stomach inflammation, ulcers and rectal cancer), bone cancer and skin cancer patients throughout Russia, Poland and the Baltic countries. Its therapeutic effects have been used for centuries.

**Aleksandr Solzhenitsyn:** Aleksandr Solzhenitsyn, a Nobel Prize-winning Russian author, mentions his personal experience with chaga use in the successful treatment of his own cancer in his book „**Cancer**“, thanks to which Chaga was introduced to the Western world population.

**Based on many years of experience, chaga has become the centre of scientific interest.** Pharmacological experiments in the years 1950-1955 confirmed that chaga extract stabilised tumour growth in many cases. In Russia, chaga extract was approved in 1955 by the Moscow Medical Academy for public use in the fight against cancer. The last medical studies were carried out by Dr. Kahlos at the University of Helsinki, Finland.

## Experience:

According to the practical experience of Japanese and Russian doctors, the administration of chaga extract has been found beneficial in the following cases: cancer (breast, stomach, liver, uterus), treatment of diseases of the digestive system, immune system support, cardiovascular and liver disease, diabetes, viral diseases (influenza type AB HIV), infections.

Chaga is also used in lymphatic system diseases. Given the connection between digestive and skin problems, it acts as a proven remedy for the treatment of psoriasis, eczema, erythroderma and other skin diseases. In the experience of Russian doctors, the usage length and therapy for mild inflammatory diseases is a few weeks, oncological findings require long-term use.

## Typical use:

- ▶ **general strengthening of the immune system** (optimising the resistance to diseases and infections);
- ▶ **prevention** and concomitant treatment of **cancer** (chemotherapy, radiotherapy);
- ▶ **suppression of adverse drug reactions;**
- ▶ **lymphatic system;**
- ▶ **regulation of gastric and intestinal problems** (gastritis);
- ▶ **relief from chronic constipation;**
- ▶ **support in treatment of skin diseases** (acne, eczema, psoriasis);
- ▶ **allergies and autoimmune diseases, general strengthening of the organism;**
- ▶ **heart and circulation support** (blood pressure regulation, reduction of harmful LDL cholesterol, prevention of heart attack and stroke);
- ▶ **protection and promotion of healthy liver, detoxifying effects, antiparasitic effects;**
- ▶ **regulation of blood sugar levels;**
- ▶ **restlessness and sleep disorders, central nervous system;**
- ▶ **nutrition of the skin, hair** (supporting beauty and youthful enthusiasm);
- ▶ **natural anti-aging substance.**



## Powerful antioxidant

Japanese studies have shown that chaga extracts have the highest antioxidant activity of all the studied medicinal mushrooms. In experiments *in vitro*, it effectively acts against *Staphylococcus aureus* and *Escherichia coli*.

The Chaganela Siberian extract is one of the best natural sources of super-antioxidants that are able to cleanse the liver, protect the cell membrane, genes and ensure longevity. This enzyme is called superoxide dismutase (SOD). SOD protects our cells (including cells of the brain, heart, kidneys, liver and other organs) against free radicals. As we age, our congenital SOD system gradually weakens and requires dietary support.

## Cancer and immunity:

Various substances found in the Siberian chaga have significant anticancer and anti-tumour properties. Siberian chaga has been proven to be a highly effective support for the treatment of cancer, particularly during chemotherapy and radiation. Cancer patients need to have a strong immune system. Only then can the organism destroy the malignant neoplasm itself, using its own defence mechanisms.

**To be cured of cancer, one must significantly strengthen their immune system. Toxic substances during chemotherapy kill immune system cells.**

Chaga restores severely damaged immune systems resulting from this treatment. It reduces the side effects of the therapy and prevents damage to the liver and kidneys. The liver has a decisive influence on the management of immunity in the body. By suppressing these side effects, chaga improves the quality of life during the treatment and after its completion. This is very important for the healing process itself. In patients with advanced stages of cancer, it improves their mental and physical condition.

Research suggests that chaga is able to directly kill cancer cells thanks to the betulinic acid and phytosterols it contains. Chaga has both an indirect (*by stimulation of the immune system, it is able to fight the cancer cells*) and direct effect (*death during the actual treatment, it activates apoptosis, a programmed cell, without damaging healthy cells*). The probability of success is higher if chaga is administered in the early stages of the disease, if the disease is diagnosed early and it is possible to prevent the metastasising of cancer cells. We are not able to cope with the most advanced forms of cancer, but chaga can relieve pain, add comfort and stop or slow the cancer growth.

**How does chaga help with chemotherapy and other cancer treatment?** It stops expansion of cancer cells – by strengthening and nourishing healthy cells.

**Chaga betulin** has significant effects on liver protection and thus it helps detoxify the damage caused by chemotherapy chemicals and radiation.

**Exceptional antioxidant properties of chaga** can quickly heal severe oxidative damage to healthy tissue caused by radioactive chemotherapy.

**Chaga melanin** can bind radioactive isotopes into less toxic forms and enables detoxification of radioactive elements.

**Beta-glucans** provide therapeutic support and prevent damage to the liver and kidneys due to the use of chemotherapeutic drugs. They can significantly support the body's ability to regenerate the red blood cells in bone marrow failure after chemotherapy and radiotherapy.



**In the states of Southeast Asia, chaga is combined with classic treatment or other alternative treatments such as TCM (traditional Chinese medicine). It is a leader in the field of alternative medicine.**

The immune system is weakened by improper alimentation, various added food ingredients, pesticides and herbicides, vaccinations, electromagnetic and microwave technology, medication or stress of modern life. Children will often undergo up to 20 different kinds of vaccination within the first two years of their birth. However, their immune system is being built up during this time. If it is not enough for the disrupted immune system, it is destroyed by chemotherapy or radiotherapy.

**Chaga is a rich source of  $\beta$ -(1, 3)-D-glucan-specific polysaccharides, which are the essence of a properly functioning immune system.**

These polysaccharides have potent immune balancing properties; they are biological response modifiers (BRM) and help the human body adapt to various adverse environmental conditions. They do not attack the cancer cells directly, but activate the immune systems of the body. They increase the activity of anti-tumour cells and prevent tumour growth.

If there is a history of cancer in your family, you are at greater risk from this disease. Prevention is the best way to win the fight, but not only against cancer.

## Prevention

Chaga extract is suitable for prevention and support during illness. Prevention requires removal of waste substances, heavy metals and pesticides, stimulation of the liver and colon. Regular use of the Siberian chaga purifies the body and blood, and rids the body of accumulated toxins. Adjusted homeostasis will improve the condition of your body, and you will feel better.

**Processing method:** Chaganela Siberian chaga is extracted (concentrated) with specially controlled temperature using the latest sublimation method (freeze-dry). Only wild northern Siberian chaga mushrooms from ecologically clean areas are used. The product is fully certified according to internationally accepted norms and standards for food health and safety.

This extract is more effective than untreated natural chaga. The digestive tract can better absorb the active ingredient. Man does not have the necessary enzymes to digest chitin, so he cannot release the active ingredients from the mushroom. Extraction with hot water breaks through the chitin barrier and we are able to obtain the maximum quantity of active substances from the mushroom.



### Advantages

#### of the extract:

- highest possible bioavailability of the active substances
- high concentration of active substances in the final product

**The herbalism rule is: „If you do not use herbs they will not work“.**

## Why use Siberian chaga extract?

It contains biologically active substances that enhance natural immunity, thereby acting against disease. It relieves the body of toxic substances that it is no longer able to remove. It acts against free radicals more effectively than almost any other known antioxidants, including blueberries and acai. It purifies the blood and liver, and regenerates organs and glands. Siberian chaga is considered an excellent kidney tonic. It preserves youth, promotes health and longevity.

**Immunity boost • detox • preserving health and vitality • homeostasis harmonisation**

Chaga produces large amounts of phenolic pigments of high molecular weight, categorised as melanins. This melanin complex is released into the chaga surface. Melanin pigment is a potent antioxidant which is present and needed throughout the body and has a wide range of health benefits.

### It has been proven!

Chaga melanin influences, protects and improves hearing and sight, the function of the pineal gland, adrenal glands, nervous system, skin and immune system. Melanin also protects DNA. Its effect on the nervous system makes it one of the most important biological compounds for preserving mental health and even for the development of deeper levels of consciousness and intelligence. Chaga enhances the magic of our life and we can simultaneously benefit from healthy digestion, healing, nutrition and longevity.

Using melanin in diets (as CHAGA) has very beneficial health effects on organs and parts of the human body.

## How does chaga work?

Chaga acts as a herbal food and a unique nutritional herbal adaptogen (a metabolic regulator that enhances the ability of the organism to adapt to environmental factors and to resist stress), cancer fighting substance, immune system modulator, anti-tumour agent supporting healthy liver function and a means to strengthen the gastrointestinal tract function, longevity and gene protection (shield DNA).

Chaga does not fight specific diseases or their symptoms. It helps the body to fight them itself and maintain its health through a healthy immune system. Chaga may be used with your previous treatment (it lowers cholesterol, has a normalising effect on blood pressure). It works differently from the other pharmaceutical drugs.

If your blood pressure is within the normal range, it will not be affected by further chaga use (e.g. the pressure will not be further decreased). This effect is known as adaptogenic effect. It helps the body adapt, but does not attempt to go beyond the limits of possibilities.

**Thanks to this feature, chaga is able to supply the correct therapeutic momentum, in the right intensity, at the right time and in the right direction.**

Chaga is a rich source of zinc. Zinc is an important nutrient required for cell growth, differentiation and survival. Its deficiency may lead to immunodeficiency and many other health problems. Zinc is a critical part of SOD, our most important natural antioxidant.

**SOD value of 35,000 units/g**

**Results ORAC 5.0:**

**158,400 ORAC units/100 g – (only against peroxy radicals)**

Analysis: Brunswick Lab. USA (ability of antioxidants to absorb free radicals)

## **Siberian chaga will ensure proper functioning of the immune system!**

Chaga offers biological benefits in the treatment of many diseases and ailments. Thanks to its bi-directional adaptogenic activity, it is appropriate for all who seek a world-class tonic supporting a wide range of vital functions. With increasing age, immune system function gradually decreases. Regular use of the Siberian chaga basic agent is an excellent prevention against aging and disease.

## **Special features:**

Siberian chaga extract acts as a proven supportive agent in the treatment of digestive diseases, ulcers and diseases of the digestive tract. It was used in the treatment of chronic gastritis and polyps. It has an overall tonic effect on the body and normalises enzymatic functions that are impaired by disease.

**Experience shows that within a few days, the extract normalises the excretory system and fixes problems with bowel movements.**

Having a strong stomach and healthy intestines is more important for human happiness than intelligence. As we age, we face increased risk of digestion and internal organ problems.

## **Chaga is great for the skin:**

It contains „*fungi-melanin*“, which supplies the skin, eyes and hair with nutrients (reduces hair loss, baldness). It helps restore and preserve a youthful appearance. Thanks to the biologically active substances, it acts against skin aging.

## **Why Siberian chaga?**

The purity of the Siberian wilderness and extremely cold winters give very powerful antioxidant features to Siberian chaga. Siberian Chaga is much better than chaga from other areas in the world. Chaga has properties that depend on the site of collection, harvest time, age, concentration of elements in the soil and, of course, the final processing – the extraction procedure. The harsher the growing climate, the stronger the effect. The local climate creates conditions for production of natural adaptogens that help fight stress.

Chaga growing in areas where winter temperatures drop below -40°C with extreme temperature fluctuations is the **most effective**. Mushrooms growing for long enough under optimal conditions can weigh over 10 kilograms. Chaga is only considered fully grown and ready for processing at twenty years of age.



## Safety:

Thanks to its effective protective features and high level of safety, it is listed as a „*herb of premium quality*“.

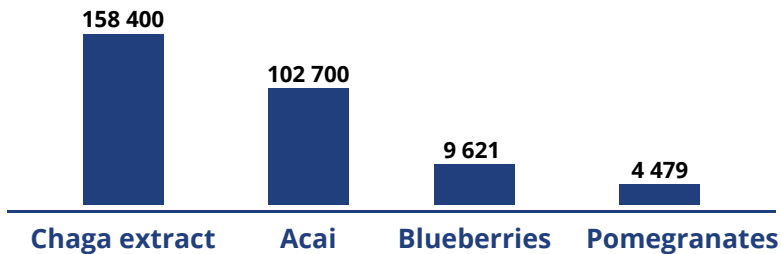
There are no known adverse side effects. It is a natural, safe and effective method of caring for your health.

Siberian chaga may be taken with other medications and does not affect treatment. Conversely, it has a positive effect against drug side effects. It can be used in moderate amounts chronically as a daily tonic. Chaga is a herbal treasure with stimulant effects. It should be a part of every major herbal program. If you suffer from an illness and are not sure if chaga is appropriate for you, consult a qualified Chinese physician or herbalist.

For maximum results, we recommend healthy eating, sport and meditation. Mental condition plays a significant role in all diseases.

**Improve your quality of life and support your health. Chaga helps and will also help you.**

## Comparison of ORAC antioxidants $\mu\text{molTE}/100\text{ g}$



Source: Brunswick Laboratories – Chaga, USDA – Acai, pomegranates, blueberries.

## What is a tonic?

Chaga is a shen tonic (drugs/substances that regenerate, nourish and strengthen the entire body) and a high-level immune modulation tonic (strengthening, balancing, supporting and regulating).

**Permanent and regular use will lead to a balanced immune system, which can prevent many diseases.**

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**QUESTIONS  
AND ORDERS:**



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## Frequently asked questions

### What are polysaccharides and why they are so important to us?

Many fungi, mainly decaying, contain important substances with significant healing effects. They are specific polysaccharides, most commonly composed of glucose, called glucans.

### Glucans are distinguished by their side chains that are specific for individual species of fungi.

These fungal polysaccharides are biological response modifiers (BRM) and help the human body adapt to various adverse environmental conditions. Glucans significantly increase natural immunity and thereby prevent a number of diseases. They are effective in the fight against cancer, cardiovascular disease, asthma, arthritis, chronic inflammations, eczema and other skin diseases. They lower blood sugar and cholesterol, regulate blood pressure, regenerate the liver and pancreas, and improve and regulate intestinal peristalsis. At the same time, they improve the physical and mental condition and are a good stress reliever.

### What is the ORAC test?

ORAC is a method developed by scientists in the US to measure the health value of certain foods. There are 5 main oxygen radicals that cause oxidative damage to the body, which leads to aging, disease and possibly cancer. The ORAC test indicates the ability of antioxidants to absorb these free radicals. The higher the ORAC value, the healthier the food and the better the protection for the body and brain. Chaganela Siberian chaga has 158,400 ORAC units/100 g and is the star among the antioxidants. This analysis has been performed for us by the internationally recognised Brunswick Laboratory in the US.

### Why does Siberian chaga contain significant amounts of SOD?

If birch is attacked by the aggressive chaga fungus, it activates its own defence mechanisms to fight its attacker. Chaga draws the increased SOD production (antioxidants) from birch as a part of its defence metabolites. During its life on birch, chaga becomes a part of the immune system of the tree. The defensive compounds accumulate and concentrate in its body. The strength and vitality of these wild trees is concentrated in this fungus. That is why it has powerful healing and defensive properties.

### When is it better to use the mushroom powder and when is extract better?

Due to the low concentration of polysaccharides the mushroom powder is only used preventively, as it has no significant therapeutic effects. Conversely, the extracts are mainly used in supporting or complementary therapies due to the high concentration of substances with significant nutritional value.

### What happens during the extraction process?

Extraction is a standard process based on traditional Chinese medicine (TCM). It releases valuable polysaccharides that are bound to the cell wall of the fungus and thus become accessible to the human metabolism. Chaganela Siberian chaga uses warm water vacuum extraction followed by sublimation (cooling-drying). The water temperature during the extraction step is 60°C. Freeze-drying takes about 18 hours.

## When and how should I use the chaga extract?

It is best to take the extract before meals and with an adequate amount of water. The daily dose should be divided into multiple doses. The therapy lasts from three to six months with the length depending on the duration of your problems and eventual further support of the therapy by some other actions (e.g. change of diet). It is important not to interrupt the products use after the first signs of improvement and further use it as prevention to stabilise the health condition. The extract can be added to healthy food (yoghurt, porridge, drinks).

## How long will it take for the first signs of improvement to appear?

Siberian Chaga treatment takes time. If you use the chaga extract regularly, you can expect a positive effect in 3-6 months. In chronic diseases, it may take up to 12 months. We often see positive reactions within the first weeks of use in diseases that are associated with the gastrointestinal tract and constipation.

## What is the shelf life of our products after opening?

With proper storage, our extracts last for two years. Proper storage means that the container must be firmly closed after removing the capsule and the product must be stored in a cool dry place protected against direct sunlight.

## Is chaga extract suitable for our pets, dogs and cats?

It is suitable for veterinary use. It increases the defence mechanisms of the host (human or animal). Its use is suitable in many illnesses that are caused by the immune system, either non-functional, or active.

## Why are inferior quality products on the market and what is important?

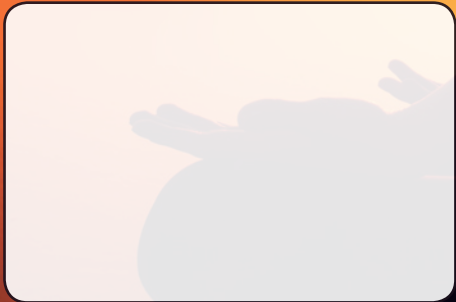
It is important to find a reliable manufacturer. In the pursuit of profit within the market, products obtained from chaga that has not yet reached adulthood are sold. In China, as well as in other countries in Southeast Asia, industrial cultivation is developing due to the increased demand for this fungus. There are farms producing chaga in just three years using a biological substrate. This chaga does not have the desired effect, unlike the Siberian chaga that reaches full maturity after twenty years of growth in the arctic wilderness. Cultured chaga is worthless. Due to the need for living trees for their development, specific development cycle and growth time, the desired imperfect fruiting bodies cannot be achieved under artificial growing conditions. Normal procedures in these conditions include irradiation, adding cereal glucans and poor workmanship. It is not advisable to buy chaga tablets – you do not know the quality and connective substances. Do not accept these cheap imitations.

## Why is Siberian chaga so effective?

Chaga is effective because it absorbs the biological power of actual trees.

Due to the unique use of active ingredients, trees live for a long time, much longer than other plants. Some trees live for 1,000 years or more. Therefore, they are the most powerful living organisms in the world. Chaga stores this power in its body to survive in harsh conditions. Its uniqueness lies in the concentration of natural compounds and metabolites from the host trees. It increases the effect of photochemicals including sterols, phenols and enzymes.

Now you can try the health benefits of wild chaga, a plant responsible for the outstanding health and long life of the inhabitants of harsh Siberian fields.



# CHAGA MUSHROOM EXTRACT

(Inonotus obliquus)



## COMPOSITION:

100% highly concentrated Siberian chaga extract – 500 mg in one capsule.

## DIRECTIONS FOR USE:

**Powdered Extract** – put into a glass and add 200 ml of water. Drink on an empty stomach, 30 minutes before eating food. **Do not pour into water. (Attached dosing spoon = 1 gram).**

**Capsules** – take and drink plenty of water, at least 200 ml.

## Recommended daily dosage:

**Prevention** – to promote and maintain health, milder problems – 1 gram (2 capsules daily).

**More serious problems** – 2 g (4 capsules daily). Divide into 2 doses.

**Cancer diseases** – chemotherapy, radiation or other treatment – 3 g (6 capsules daily). Divide into 3 doses.

**We recommend** using during chemotherapy and for several months after stopping the radiation therapy, and as prevention thereafter.

If you take the chaga mushroom together with vitamin C, it improves the absorption of the active content (mainly beta-glucans) in the intestines. It can be used with other drugs, does not affect the treatment and has a positive effect on adverse drug effects.

**After thoroughly monitoring the effects, you can adjust the dosage (increase or decrease the dose).**

## How long will chaga work?

If you take the chaga extract regularly, you can expect a positive effect in 3–6 months. Treatment with Siberian chaga takes time. We often see positive reactions within the first weeks of use, especially in diseases that are associated with the gastrointestinal tract. During the first days or weeks of use, the body cleanses itself, which can be accompanied by skin quality deterioration, stool change, fatigue. Lower doses may help the body slowly adapt and get used to the mushrooms.

**Do not use** if you take medicines to lower immunity (*after organ transplants*). In this case, the supporting ability of the chaga immune activity neutralises this treatment. Therefore, do not take this extract if you are prescribed this type of medication. Chaga extract may also increase the risk of hypoglycaemia (*i.e. too low blood sugar*) in people who are sensitive to it and those who are taking antidiabetic drugs.

Symptoms of hypoglycaemia include shakiness, hunger, confusion, dizziness, weakness, anxiety, and difficulty with speaking. Do not use if you are allergic to tree mushrooms. It is not a substitute for a balanced diet. Keep out of the reach of children. Not recommended for children under 12 years of age, pregnant and nursing women.