



# For Overall Health & Immunity Support

#### What is **Chaga?**

Chaga mushrooms (Inonotus obliquus) is a fungus that grows primarily on birch trees in cold climate in Siberia and other parts of Asia. With an appearance similar to burnt charcoal, it has been harvested for centuries as a traditional medicine.

#### **Chaga Health & Wellness Benefits**



# Strengthens your immune system

Stimulates white blood cells (essential for fighting off harmful bacteria or viruses) to help fight infections — from minor colds to serious illnesses.



## Prevents & fights cancer

May prevent and slow cancer growth due to its high content of antioxidants, which protects cells from damage by free radicals.



# Fights inflammation

Positively impacts immunity by reducing long-term inflammation linked to conditions like heart disease and rheumatoid arthritis.



### Lowers cholesterol

Reduces "bad" LDL cholesterol, total cholesterol and triglycerides while increasing antioxidant levels. In addition, chaga increases "good" HDL cholesterol.



# Reduces **blood sugar**

Reduces blood sugar levels and insulin resistance.



#### Additional **benefits**

- Rich in antioxidants
- Protects your liver
- Supports skin health
- Promotes youthfulness