

Reishi Mushroom Tincture

(*Ganoderma lucidum*)



Refuge Remedies

Overview:

Reishi is a revered adaptogenic mushroom traditionally used to support emotional balance, stress resilience, immune health, and heart-centered wellness. Known as the "Mushroom of Immortality," reishi has been used for centuries to promote calm, longevity, and overall vitality.

Traditionally Used to Support:

Emotional balance and stress response
Nervous system regulation and calm
Heart and circulatory wellness
Immune system resilience
Restful sleep and overall vitality

Why Reishi Is Special:

Reishi works slowly and deeply — not as a stimulant, but as a tonic that supports the body's ability to adapt to stress over time. It's often chosen by those experiencing overwhelm, fatigue, emotional strain, or who want to support heart-centered wellness as part of a holistic lifestyle. (Perfect for long-term, gentle support)

Ingredients:

Organic Reishi mushroom (*Ganoderma lucidum*), grain alcohol, distilled water, vegetable glycerin
(Double-extracted to capture both water-soluble and alcohol-soluble compounds)

Suggested Use:

Take 1–2 dropperfuls, 1–2 times daily, or as part of your wellness routine.
May be taken alone or added to a small amount of water or tea.

Disclaimer- This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Always DYOR (Do Your Own Research) & consult a qualified healthcare professional before using herbal products.

Refuge Remedies
Crafted with care • Rooted in tradition • Made for your wellness
www.RefugeRemedies.com