

SHARE THE TREASURES OF GANODERMA

WHY WE LOVE GANODERMA

- Traditional Chinese culture uses Ganoderma to promote sleep and body wellness.
- Ganoderma has one of the highest sources of antioxidants in herbs. *
- Ganoderma supports your immune system. A healthy immune system can help you to fight infections and diseases. **
- Ganoderma contains powerful antioxidants. Antioxidants have been shown to have anti-inflammatory properties. ***



THE THREE FORMS OF GANODERMA



SPORE POWDER

99.9% of open spores provide you with an abundant source of natural compounds to strengthen and support your immune system.



MYCELIUM

Harvested after 18 days when it's enriched with germanium in its roots, a mineral known for its antioxidant properties, as well as the polysaccharide beta-glucans.



GANODERMA *lucidum*

The 'fruiting' part of the mushrooms is a great source of antioxidants and the easiest to find in your beverages.

GANODERMA BY THE NUMBERS

1000 kilograms of Ganoderma lucidum to harvest just 1 kilogram of the precious Ganoderma spores.

99.9% of cracked shell spores found in Organo Gold Ganoderma lucidum without crushing the tender spores.

25 years ago, a group of dedicated Chinese scientists set out to produce OG's organic, pure, naturally grown and log-harvested Ganoderma.

17 Organo Gold products that are infused with Ganoderma.

10 years of providing you with the best health benefits only OG's Ganoderma has to offer!

OTHER WAYS TO CALL GANODERMA

The Chinese name

LINGZHI

means "Spiritual Potency".

The Japanese name

REISHI

translates as "King of Herbs".

The Vietnamese name

LINH CHI

literally means "Supernatural Mushroom".

The word 'Ganoderma' derives from the Greek

GANOS

which translates as "brightness; sheen".

The specific epithet lucidum is Latin for

"SHINING"

* <http://www.stylecraze.com/articles/health-benefits-of-ganoderma-mushrooms/>
** <https://www.livestrong.com/article/121775-benefits-ganoderma-extract/>
*** <https://otr-reviews.com/7-benefits-ganoderma/>

GANODERMA LUCIDUM

Ganoderma Lucidum (Lingzhi or Reishi) - the 'King of Herbs', is the powerhouse of mushrooms! It is one of the greatest sources of antioxidants in all of the herbs.

It is a large, dark mushroom with a glossy exterior and a woody texture. The Latin word lucidus means "shiny" or "brilliant" and refers to the varnished appearance of the surface of the mushroom. In China, Ganoderma Lucidum is called Lingzhi, whereas in Japan, it is called Reishi or Mannentake.



GANODERMA LUCIDUM HELPS:

- Support immune function¹
- Aids in longevity and relieves stress

It is considered the herb of 'spiritual potency' and has been used for thousands of years.

GANODERMA COMPONENTS⁵



- 90% Water**
- 4% Protein**
- 2% Fiber**
- 2% Carbohydrates**
- 1% Fat**

- Polysaccharides and Peptidoglycans which give it its antioxidant properties.
- Triterpenoids that aids in the digestive process.
- Adenosine with anti-inflammatory properties.

ANTIOXIDANTS 101



Antioxidants are found in several foods and prevents damage caused by free radicals.



Antioxidants are components of vitamin A, C and E, flavonoids, copper, polyphenols, selenium and zinc.



You can find antioxidants in vegetables, legumes, fruits, whole grains, cereals, and some dairy products.



A diet rich in antioxidants can help aid in: stronger vision, heart health, and the aging process.

HOW TO USE



Take 2 capsules, 3 times a day

DID YOU KNOW?

ORGANO sources only the finest, organic Reishi. We guarantee the highest-quality organic product without unnecessary intervention.

Their long brown stems and orange-coloured caps make them a spectacular sight, but in the wild they can be hard to see as they thrive in such heavily forested areas.

FENIX CXT™



Support your body's energy and mental performance the natural way! FENIX CXT™ has a unique blend of nutrients and adaptogenic mushrooms, flavored with refreshing kiwi and apple, designed to promote endurance, alertness, and to enhance cognitive performance.

WHY DO WE NEED MORE ENERGY?

Bottomline, we want to get more done with the limited time and resources available.

- » Life is full of stress and duties: work, study, family, friends.
- » Our days are getting longer, that means we need and burn more energy.
- » We live in a fast-paced environment that demands we adapt quickly to circumstances.
- » We're getting more competitive: we're starting to discover the outer capabilities of our bodies and minds.

DID YOU KNOW?

Probiotics support your immune system! They help process substances such as serotonin, responsible for our mood, sleep and cognitive performance. That's why your gut and brain are connected on a powerful level. Balance your gut, balance your brain!

THE CXT™ DIFFERENCE



It provides you long-lasting energy, unlike other drinks that give you a boost and after a few hours lead you to a crash.



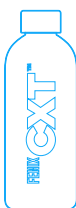
It's made with key organic, natural ingredients, so you're feeding your body the best nutrients.



Get rid of "brain fog"! Gain instant clarity and concentration to perform better on your tasks.



It's good for your gut! It contains probiotics that take care of your digestive system.



MIX IT WELL!

FENIX CXT™ is very versatile! You can dilute it with just water (8 oz) for a fruity cold beverage or mix it with your favourite juice or lemonade for a more flavourful treat. Don't need to add sugar!

PACKED WITH GOODNESS



CORDYCEPS EXTRACT

A mushroom to enhance your stamina and boost your energy levels to athletic standards.



LION'S MANE EXTRACT

This mushroom brings bioactive substances that make you feel better on the gut, heart and brain¹ levels.



GANODERMA LUCIDUM

The powerhouse of mushrooms to support a strong immune system.



LACTOSPORE

A special probiotic² that promotes digestive health, aids in nutrient absorption and boosts your defences.



GREEN TEA EXTRACT

Rich in Polyphenols. which act like antioxidants to protect your health.



L-THEANINE

An amino acid found in tea that's responsible for the mood boost, calm, and wellness feeling you get after a nice cup.



CAFFEINE AND VITAMIN B12

Get the energy from caffeine, minus the jitters and frantic feeling. The B12 vitamin helps your energy levels instantly in a balanced way.



Vegan



Sugar-free



Non
GMO



Gluten-free



Soy-free



GMP
Facility

¹ <https://pubmed.ncbi.nlm.nih.gov/24266378/>

² https://nutraceuticalbusinessreview.com/news/article_page/Probiotic_LactoSpore_found_to_reverse_depression_symptoms_in_patients_suffering_from_IBS/145992

GOURMET BLACK COFFEE

Connoisseurs will appreciate the medium dark roast, smooth flavor, which is enhanced with natural antioxidants from organic Ganoderma lucidum. Awaken your senses and enrich your day with ORGANO™ Gourmet Black Coffee that is as flavorful as it is invigorating.

COFFEE COMPOUNDS

CHLOROGENIC ACID

An antioxidant compound that is the major phenol in coffee.

QUINIC ACID

An antioxidant/phytochemical that contributes to the acidic taste of coffee. It is also found in apples, peaches, and other plants/foods.

CAFFEIC ACID

A compound that can help support healthy glucose use in the body.



HEALTHY CAFFEINE



CAFFEINE & MEMORY

Caffeine has been studied to show a positive effect on memory and cognition.⁽¹⁾



CAFFEINE & PAIN

Caffeine can help support muscle recovery with the benefits of caffeine to help fight inflammation.⁽²⁾



CAFFEINE & EXERCISE

Caffeine can help prepare your body for intense physical performance, stimulates your nervous system and help rev up metabolism to help the body burn fat, and supports healthy adrenaline levels.⁽²⁾



CAFFEINE & ANTIOXIDANTS

The high amount of antioxidants in caffeine can help fight free radicals from damaging our DNA, and may be implicated in several diseases and premature aging of the cells.⁽²⁾

THE BENEFITS OF INSTANT COFFEE



TIME-SAVING

Forget about grinding, brewing, and standing in long lines. Just pour some hot water and stir to prepare your favorite beverage at home or on the go.



CONVENIENT

Take an OG Gourmet Black Coffee to work, vacation or even on a camping trip and savor your favorite flavor anywhere and add just milk and sweeten to taste.

400 million

cups of coffee are consumed every day in the United States.⁽³⁾

65%

of coffee is drank during breakfast hours.⁽³⁾

35%

of coffee consumers prefer their coffee black.

3.1 cups

is the average consumption of coffee in the United States per person, per day.⁽³⁾

#1

ORGANO™ Gourmet Black Coffee is the number one beverage of choice amongst the OG Family.

MARKET FACTS

Antioxidants help fight free radicals, which can impact diseases and premature aging of the cells. Foods that contain Vitamin E and C are an excellent source of antioxidants, but our major intake comes from beverages. The beverage naturally with the higher amount of antioxidants is coffee!⁽⁴⁾

(1) <https://www.caffeineinformer.com/bad-memory-drink-more-caffeine>

(2) <https://www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee#section3>

(3) <http://www.e-importz.com/coffee-statistics.php>

(4) <https://www.healthline.com/nutrition/coffee-worlds-biggest-source-of-antioxidants>

GOURMET CAFÉ LATTE

ORGANO™ Gourmet Café Latte helps you to skip the line and prepare instantly a smooth and creamy specialty beverage with the rich and bold flavor of coffee and the powerful benefits of Ganoderma.

LATTE COFFEE FACTS

- A traditional Italian latte consists of 1/3 espresso, and 2/3 steamed milk.
- Latte is the Italian word for 'milk.'
- October 7th is National Latte Day.
- Novelist William Dean Howells was the first to use the term caffè latte in English in 1867 in his essay "Italian Journeys."
- Though coffee houses in Europe have been serving latte since the 18th Century, it's high popularity in North America began in Seattle in the 1980s.



A BALANCED MIX OF INGREDIENTS



COFFEE

Keeps your mind sharp, increases your motor performance, and adds antioxidants to protect your health.⁽¹⁾



GANODERMA

A great source of fiber, to promote a proper digestive process, and antioxidants, to support your immune system.



CREAMER

An added hint of sweetness that creates a smooth-textured and comforting beverage.

LOVE IT A LATTE!

CHEAPER:

With a value of \$1.01 per cup, saves more money than the average coffee shop latte.⁽²⁾

HEALTHIER:

With less fat than the most popular latte brands.

CONVENIENT:

Saves you time and avoids you making lines at crowded coffee shops.

FLAVORFUL:

A strong blend of rich coffee and silky creamer that matches the flavor of its competitors.

PREPARE A SEASONAL CAFÉ LATTE

Mix a sachet of ORGANO Gourmet Café Latte in hot water blend in one of the following ingredients:

- 1 Tbsp pumpkin puree + ½ tsp pumpkin pie spice
- 1 Tbsp caramel sauce
- 4 or 5 fresh mint leaves
- 1 Tbsp hazelnut and chocolate cream
- ¼ cup Crème de menthe or Irish Crème

MARKET FACTS

Just today, 1.4 billions of coffee cups are being poured around the world, with a yearly 3% increasing trend on the consumption of specialty coffees, such as Latte. Millennials alone represent more than 50% of all the consumers for this beverages.⁽³⁾

(1) <https://blog.organogold.com/a-cup-of-coffee-for-your-bodys-well-being/>

(2) <https://www.newsday.com/lifestyle/restaurants/chain-coffee-ranked-starbucks-mcdonald-s-and-more-1.11299139>

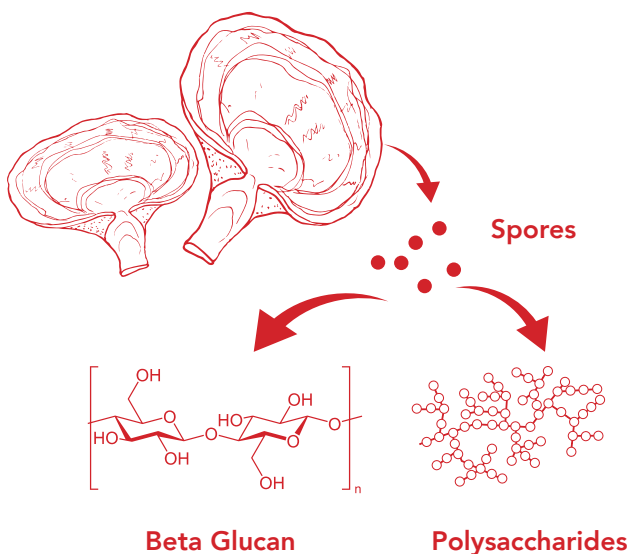
(3) <https://dailycoffeeneews.com/2014/05/09/2014-coffee-consumer-trends-report-more-gourmet-single-cups/>

GANODERMA LUCIDUM SPORE POWDER

Harness the benefits of the best part of the Ganoderma Lucidum mushroom with this special spore powder, rich in naturally beneficial compounds such as polysaccharides, triterpenes and selenium. It's a premium product for those aiming to be at the pinnacle of good health.



HOW DO WE EXTRACT THE SPORES?



The Spores are the seeds of Ganoderma Lucidum, these tender seeds are protected by a shell which is hard like a coconut, making it impossible for the human body to digest in its original form.

Ganoderma spores are the most expensive because harvesting them must be timed just right. Once released and harvested, they are cracked open twice to release their most nutritious and powerful ingredients: **beta glucan and polysaccharides**, allowing the digestive system to absorb their potent qualities. How they are cracked to open can also affect the quality and efficacy of the spore therefore the technique is of vital importance.

The spore has a rich source of triterpenoids, valuable for health. Triterpenoid is the active component in plants that helps boost and support a healthy immune system¹.

WHY DO YOU NEED BETA GLUCANS AND POLYSACCHARIDES?



Beta Glucan is a great source of soluble fiber² and can help improve cholesterol levels and certain skin conditions.



It also has prebiotic properties, enhancing the absorption of nutrients in the digestive system.



Additionally, Polysaccharides are abundant natural polymers found in plants, animals and microorganisms with exceptional properties and essential life sustaining roles³.

DID YOU KNOW?

It takes 5-7 months for a Ganoderma Lucidum mushroom to release its spores at its base.

The Ganoderma fruiting body releases millions of spores from the underside of the fruiting body, and can cover the entire mushroom in minutes! Within a few hours, the entire microenvironment is covered by spores.

The spores are considered amongst the most important of rare antioxidant sources. The shell-broken spores of Ganoderma Lucidum mushroom is considered a revolutionary scientific discovery.



HOW TO USE

Take 2 capsules, 3 times a day

Resources:

- [1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3271404/#:~:text=Ganoderma%20spores%20are%20the%20fungus's,from%20the%20cap%20of%20G.&text=At%20present%2C%20the%20chemical%20constituents,for%20its%20numerous%20pharmacological%20uses>](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3271404/#:~:text=Ganoderma%20spores%20are%20the%20fungus's,from%20the%20cap%20of%20G.&text=At%20present%2C%20the%20chemical%20constituents,for%20its%20numerous%20pharmacological%20uses)
- [2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3236515/>](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3236515/)
- [3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5152545/>](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5152545/)

ORGANO CAFÉ MOCHA

ORGANO™ Gourmet Café Mocha combines Ganoderma, coffee, and cocoa to bring you the healthiest properties of this natural ingredients while giving you the warmth of a silky and flavorful beverage.



GET THE PERFECT TEXTURE TO ENJOY YOUR CAFÉ MOCHA



1 sachet + 6 oz. water
RICH AND FLAVORFUL



1 sachet + 8 oz. water
SMOOTH AND CREAMY



1 sachet + 10 oz. water
LIGHT AND FLAVORFUL

BEST TIMES TO DRINK A CUP OF CAFÉ MOCHA



MORNING

Let caffeine wake you up with a sweet hint of chocolate.



NOON

A pick-me-up beverage to help you keep performing your daily activities.



EVENING

The perfect dessert to snuggle up with after a busy day

THREE SOURCES OF ANTIOXIDANTS



GANODERMA

Our organic harvesting methods bring out the best nutrients from the earth and 3 grams of fiber into each Café Mocha cup.



COCOA

Adds the perfect chocolatey flavor to your beverage while supporting your blood pressure, enhancing your brain functions, and improving your mood. ⁽¹⁾



COFFEE

Caffeine supports your physical endurance and could help you enhance your memory. ⁽²⁾

ADD A SPECIAL TOUCH TO YOUR REGULAR CAFÉ MOCHA

MIX

your sachet with warm water and add 5-6 mint leaves.

TOP

with whipped cream or a ball of ice cream.

POUR

prepared mix in a glass with 5-6 ice cubes.

(1) <https://www.healthline.com/nutrition/cocoa-powder-nutrition-benefits>

(2) <https://blog.organogold.com/a-cup-of-coffee-for-your-bodys-well-being/>

GOURMET CAFÉ SUPREME

Drink one of the richest and creamiest coffee blends, enriched with Ganoderma Lucidum, Ginseng and Tongkat Ali. Think of this specialty coffee as a healthier coffee for an anytime energizing pick me up that will make you feel supreme.



CUSTOMIZE YOUR CUP



1 sachet + 6 oz. of water (170 mL)
RICH AND FLAVORFUL



1 sachet + 8 oz. of water (225 mL)
SMOOTH AND CREAMY



1 sachet + 10 oz. of water (285 mL)
LIGHT AND FLAVORFUL

Just add ice to make a cool iced coffee treat!



gluten-free



certified Halal



nut-free



GINSENG 101

Also known as The Root of Life, this root is rich in antioxidants. Some of its benefits are:

- Naturally contains phytochemicals
- Helps to improve vitality
- Helps reduce inflammation¹
- Aids in brain function³
- Helps lower blood sugar levels



TONGKAT ALI

Also called 'Longjack' or 'Malaysian Ginseng'. This herb is known to support your natural vim and vigor. It also helps with:

- Energy
- Metabolism
- Weight-management
- Stress

DID YOU KNOW?

Coffee has many benefits and contains antioxidants that support your body's ability to fight the side effects of inflammation and aging along with a healthy diet. Several studies have indicated that instant coffee can be higher in antioxidants compared to other brew methods.

(1) https://www.healthline.com/nutrition/ginseng-benefits#TOC_TITLE_HDR_1

(2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3669033/>

(3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659585/>

GOURMET HOT COCOA

Indulge in a warm and comforting cup of Hot Cocoa enhanced with Ganoderma Lucidum, also known as 'Red Reishi', used in Chinese tradition for its immune benefits. The Hot Cocoa is the perfect chocolate drink for the whole family to enjoy!



COCOA FUN FACTS:

- Cocoa comes from the cacao tree, also called Theobroma in Latin, which means "Food for the Gods". The beans from this tree were only used for ritual by the Aztecs in the pre-hispanic era.
- Cacao trees live as long as 200 years, but only produce quality pods for 25.
- There are three different main cocoa varieties: Forastero, Criollo and Trinitario.
- The full cocoa production process is done by hand: planting, irrigating, harvesting, fermenting and drying. Hence, cocoa-based products are a luxurious indulgence.
- 70% of cacao comes from West Africa.

BENEFITS OF COCOA:



Cocoa is known to be rich in fiber



Contains hundreds of compounds, including polyphenol, a type of antioxidant



It has mood-boosting properties¹

MAKE YOUR PERFECT DRINK:

Empty one sachet of Hot Cocoa into your favourite cup, fill with hot water, stir, and enjoy! Add ice for an icy cool decadent chocolate drink.



1 sachet + 6 oz. of water (170 ml)
RICH AND FLAVORFUL



1 sachet + 8 oz. of water (225 ml)
SMOOTH AND CREAMY



1 sachet + 10 oz. of water (285 ml)
LIGHT AND TASTY

RECIPE TO TRY!

HAZELNUT HOT COCOA DELIGHT

Pour 1 cup of milk in a small saucepan over medium heat. Add one sachet of ORGANO Hot Cocoa and 2 tablespoons of hazelnut cocoa spread, stir until combined. Serve warm, add mini marshmallows on top, and enjoy!



certified Halal



nut-free



caffeine free

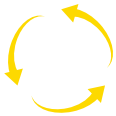
(1) <https://www.livescience.com/61754-chocolate-facts.html>

OGX FENIX™ SHAKES

The OGX FENIX™ Creamy Vanilla and Rich Chocolate Nutritional Shake Mixes are the perfect meal replacement formulas with bioactive nutrients to help you get the nutrition you need to lose weight, or just feel great.



Blends protein, fiber, and minerals to offer you a balanced meal of only 250 calories when mixed with milk.



Maintains a healthy gut feeling, supporting the functions of the body's digestive and immune systems.



Source of leucine, an essential amino acid responsible for supporting and maintaining lean muscle mass.

DELICIOUS VERSATILITY

Thanks to its rich and flexible flavors, a scoop of OGX FENIX™ Nutritional Shake Mix can be added to several recipes:

BLEND

it with milk, fruit, and vegetables to create the ultimate nutritional shake.

MIX

it with honey, nuts, oats and other grains to turn your energy bars into a Pro Meal.

FREEZE

it with milk and any fruit to create a nutritious cool ice lolly Pro Meal snack.

Source from:

*<https://www.webmd.com/vitamins/ai/ingredientmono-1017/folic-acid>

**<https://www.webmd.com/vitamins/ai/ingredientmono-932/chromium>

***<https://draxe.com/zinc-oxide-benefits/>

BIOACTIVE, BALANCED SUPPORT



WHEY PROTEIN CONCENTRATE

A biological, easy to digest protein that helps you support lean muscle, fight hunger, and deliver excellent tasting nutrition.



FIBERSOL® / RESISTANCE MALTODEXTRIN

Supports the healthy probiotic bacteria in the gut, assisting your digestive health and immune system to provide you a general feeling of wellness.



FOLIC ACID

A natural form of Vitamin B used to prevent hypertension and anemia. It supports healthy blood pressure within a normal range, and is involved in DNA production.*



CHROMIUM

Chromium is a mineral that helps support healthy blood sugar levels, and supports how our body uses insulin. It's used to help with athletic performance by supporting natural energy.**



ZINC OXIDE

Derived from the basic metallic element involved in enzyme creatine and protein synthesis, it supports the body's metabolic processes and benefits the immune and digestive systems.***



GANODERMA lucidum

It is the only nutritional shake amongst its competitors to contain Ganoderma lucidum, organically grown and packed full with antioxidants to help fight free radicals.

ORGANO™ MYCELIUM

Early harvest from the Ganoderma Lucidum mushroom makes the Mycelium extremely valuable in supporting immune health. The Ganoderma Mycelium is packed with antioxidants to keep you healthier, sharp, and strong.

ANATOMY OF A HEALTHY MEAL

Just as Mycelium gives you some nutrients to stay sharp, mixing it with healthy food choices can make a difference.

An ideal meal contains:

Veggies should account for at least 45% of your meal, they are rich in fibre, water and minerals.

Whole Grains support your body with fibre and protein, they should make up 25% of your meal.



The other 5% can be filled with mixed fruits!

Protein is 25% of your meal and should be clean and healthy. Choose fish, poultry, beans or nuts.



Don't forget to stay hydrated and have at least 30 minutes of physical activity per day.

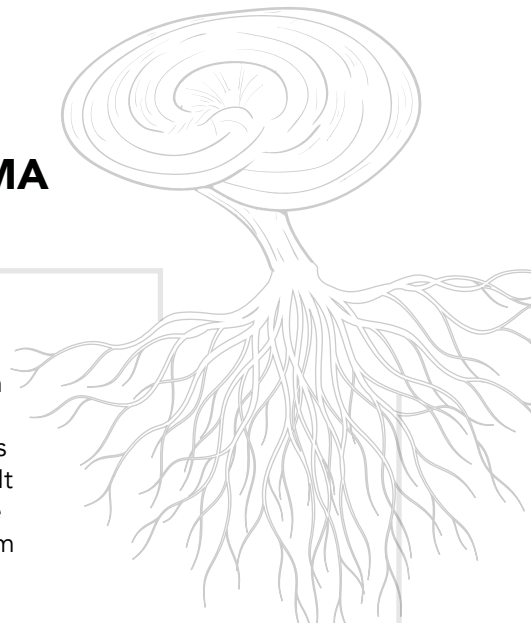
Resources: ¹ <https://www.sciencedirect.com/science/article/pii/S2213453018300478>
² <https://www.medicalnewstoday.com/articles/301506>



"BABY" GANODERMA

Mycelium is the early harvest of the Ganoderma Lucidum mushroom, and is packed with nutrients good for your body. It is harvested from the 18-day-old mushroom and is rich in:

- Polysaccharides to boost immunodeficiency¹
- Beta-glucan, a form of soluble fiber to improve cholesterol levels
- Antioxidants that prevent and slow cell damage from free radicals²



HOW TO USE



Take 2 capsules, 3 times a day

OG SMILE

Get a healthy, happy smile! OG Smile is the natural, healthier toothpaste you've been searching for! Its special formula is free from fluoride and SLS, and protects the enamel of your teeth and your gums in a gentle, natural way. OG Smile also fights bacteria and plaque for brighter, healthier teeth.



WHY CHOOSE OG SMILE?

Natural is always better! OG Smile's latest formula guarantees that you're taking care of your teeth without adding harmful ingredients.

- OG Smile is free from Sodium Lauryl Sulfate, a harsh component that may be dangerous in high concentrations or cause high sensitivity.
- OG Smile is also free from fluoride, making it vegan-friendly and unique from conventional brands that put all kinds of chemicals in their formulations.
- OG Smile has no artificial colors or components.

INGREDIENTS FOR A BRIGHTER SMILE

OG Smile is crafted with special ingredients, proven to clean, refresh and protect your oral health:



- **Rice Bran Oil** for a fresh breath
- **Tea Tree Oil** to fight plaque
- **Ganoderma Extract** that fights bacteria, and supports gum health
- **Bamboo Charcoal** for cleaner teeth without weakening its enamel
- **Hydrated Silica** for gentle whitening and brightening

TOOTH CARE 101



- **Add Flossing to your routine.** It removes plaque that's stuck in between your teeth.



- **Use a proper toothpaste.** Go for safe products like OG Smile! It combines the unique benefits of authentic Ganoderma and natural ingredients for a whiter teeth.



- **Visit your dentist at least once a year.** Avoid painful issues and chronic problems.



- **Don't smoke.** Smoking speeds up damage on your teeth, causes gum disease, and stains your teeth permanently.



- **Clean your tongue.** Clean your tongue to remove bacteria and avoid bad breath.

CHOOSE YOUR FOOD WISELY

Choosing your food can be crucial to keep the health of your teeth. Here is a list of do's and don'ts.

Good foods for your teeth

- Nuts / Honey
- Eggs / Dairy
- Veggies
- Non-acidic fruits
- Seafood

Bad foods for your teeth

- Alcohol
- Foods high in sugar
- Fizzy/colored drinks
- Acidic fruits and juices
- Baked sweets

ORGANO™ ORGANIC GREEN TEA

ORGANO™ Organic Green Tea combines the benefits of tea leaves with our Ganoderma lucidum to give you a double dose of antioxidants in a mild and flavourful beverage.



THE VALUABLE COMPONENTS OF ORGANIC GREEN TEA



POLYPHENOLS

Natural antioxidants that help fight the negative effects of oxidative stress, and helps support the immune system, supports a healthy heart, healthy brain and more.



L-THEANINE

An important amino acid that supports dopamine to bring you a general feeling of calmness.



CAFFEINE

A natural stimulant that helps you stay focused and alert during the day and can even improve your mood.⁽³⁾

VERSATILITY

ADDS FLAVOURFUL BENEFITS TO YOUR FOODS

HOT: Steep your tea in hot water to enjoy it's calming properties that will warm your heart even on the coldest nights.

COLD: Add ice to your steeped tea to discover its soothing and refreshing properties in the sunny days.

FROZEN: Put it in the freezer and blend it with other natural ingredients to turn it into a sorbet or ice lolly, and find out how healthy it is as a dessert.

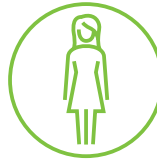
INGREDIENT: Infuse it in milk, water or other liquids to make green Tea flavoured treats or even salad dressings!

THE PERFECT CUP OF ORGANIC GREEN TEA

Don't boil the water! Each type of tea requires a specific temperature to release all its properties. Green tea should be steeped in water between 60°C and 85°C.

Same with time. The ideal time for a green tea bag to remain in your cup is from 2 to 3 minutes.

THE BENEFITS OF AN ORGANIC PRODUCT



FOR YOU:

Our Organic Green Tea is grown without harsh chemicals, herbicides and pesticides and naturally contains nutrients such as Vitamin C, iron, magnesium, and phosphorus.⁽⁴⁾



FOR YOUR COMMUNITY:

By using natural herbicides and pesticides, organic farms provide safer work environments that benefit their workers, their families, and overall, their communities.



FOR THE NATURAL ENVIRONMENT:

Organic methods of production and harvesting reduce air, ground, and water pollution and keep the soil fertile for multiple sowings.⁽⁵⁾

⁽³⁾ www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea#section2

⁽⁴⁾ www.ecocertico.com/benefits-eating-and-using-organic-products.html

⁽⁵⁾ www.safewater.org/fact-sheets-1/2017/1/23/pesticides

KING OF COFFEE

Delight your palate with the smoothest and most flavourful cup of organic black coffee you've ever had. Crafted with medium dark roasted arabica beans from Brazil, and enriched with Ganoderma Lucidum Spores, King of Coffee has a nutty and rich aroma and taste.



WHAT MAKES KING OF COFFEE SPECIAL?

- Certified organic arabica coffee.
- Contains rare organic Ganoderma lucidum spore powder, used for thousands of years for its immune benefits.
- Naturally contains antioxidants to help and defend your health.
- Portable and convenient to carry, for on the go instant coffee benefits.

MAKE THE PERFECT CUP OF KING

It's easy, just empty one sachet of King into your favourite cup, add hot water, stir, and enjoy!



1 sachet + 6 oz. of water (170 ml)
RICH AND FLAVORFUL



1 sachet + 8 oz. of water (225 ml)
SMOOTH AND CREAMY



1 sachet + 10 oz. of water (285 ml)
LIGHT AND TASTY

You can also add milk and ice to make your favourite iced coffee! Sweeten to taste.

DID YOU KNOW?

The spores in the King of Coffee are the most expensive part of the Ganoderma mushroom, not just because of their nutrients or that they are organically grown, but also due to the careful harvesting process they go through. How and when they are opened and extracted will determine their quality and properties.

In order to open, they must be carefully "cracked" and not spill out any of their precious and microscopic contents so that our bodies can digest them.

Other companies crush the shells, also crushing the spore itself. ORGANO uses a patented process to gently crack the shell, releasing the power of the spores to help protect and defend your health.

MARKET FACTS

Antioxidants help fight free radicals, which can impact diseases and premature aging of the cells. Foods that contain Vitamin E and C are an excellent source of antioxidants, but our major intake comes from beverages. Coffee naturally contains a higher amount of antioxidants! ⁽³⁾



Gluten-free



Dairy-free



Sugar-free



Nut-free



Vegan



Certified Halal



Non GMO

(1) <https://www.betterhealth.vic.gov.au/health/healthyliving/antioxidants>

(2) <https://coastalgrovesgh.com/benefits-of-triterpenes>

(3) <https://www.healthline.com/nutrition/coffee-worlds-biggest-source-of-antioxidants>

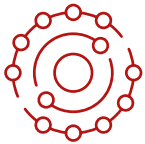
RED TEA

Delight your senses while strengthening your immune system with a comforting cup of Red Tea naturally rich in antioxidants and enriched with Cordyceps and organic Ganoderma Lucidum. The Organo Red Tea brings a general feeling of calmness.

DID YOU KNOW?

Cordyceps are mushrooms which used to be reserved for emperors and nobility in ancient China. Considered a "superfood", it contains antioxidants that help slow the effects of aging and support your body's immune system. Cordyceps are also adaptogens, and, as the name suggests, it helps your body adapt to high levels of stress.

SCIENTIFIC BENEFITS TO DRINKING RED TEA:



Increases the absorption of other nutrients like Iron - red tea is rich in antioxidants, reducing the risk of heart disease and premature aging¹.



Aids in the reduction of bad (LDL) cholesterol and increases the synthesis of "good" cholesterol (HDL)².



A great option if you're on a weight management plan, improving your metabolism³.

TRY THIS! RED TEA BERRY BLAST.



Enjoy a cool ORGANO Red Tea on a hot and sunny day, just follow this simple recipe:

- » Steep two bags of ORGANO Red Tea in a cup of hot water
- » After 10 minutes, remove the bags, add 1/3 cup of mixed berries, 6-8 mint leaves and some ice.
- » Stir and add 1/2 cup of ginger soda.
- » Serve and enjoy!



FUN FACTS ABOUT TEA:



All tea varieties come from one single plant: **Camellia Sinensis**.



There are around **3,000 types of tea**. All of them are unique, depending on the way they are cropped, harvested and processed.



Tea was so **valuable** during the 18th century, it was stored in locked chests.



Tea is one of **the most popular beverages worldwide**, approximately 3 billion cups are consumed daily.



The countries with **the highest consumption rate** are: Iran, Russia, Turkey, Ireland and the United Kingdom.



One cup of black tea contains the same amount of **antioxidants** as 1 glass of wine (minus the hangover!), 3 glasses of sweet tea, or 6 apples.

Resources:

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614697/>

² <https://pubmed.ncbi.nlm.nih.gov/20833235/>

³ <https://pubmed.ncbi.nlm.nih.gov/24060217/>

ORGANO