

Shiitake & C



Medicinal mushroom capsules with vitamin C to support the immune system

Fight the wet and cold season with a strong immune system

The body's immune system plays a key role in keeping a person healthy. A balanced diet, plenty of outdoor exercise and a balanced psyche are essential prerequisites for an functioning immune system. In times of increased stress on the immune system, the body can sometimes benefit from additional support. In this case, regular intake of selected plant substances and micronutrients help support the body's own immune defence.

Biogena Shiitake & C: To support the body's defences

Shiitake & C contains stomach-friendly vitamin C that supports the immune system in combination with the shiitake mushroom. Particularly recommended in the wet and cold season.

Shiitake – A medicinal mushroom with traditional use

The medicinal mushroom shiitake (*Lentinula edodes*) is native to large areas of East Asia. The local population have used shiitake, which only colonises dying or dead hardwood, as a food product and medicinal mushroom for thousands of years. Modern methods of standardisation enable the targeted use of the mushroom extract in capsule form.

Physiological importance of the vital substances contained:

- The medicinal mushroom shiitake is rich in valuable beta-glucans
- The immunoactive classic vitamin C contributes to the normal functioning of the immune system
- Vitamin C helps maintain vitality in stressful situations by reducing tiredness and fatigue

Possible uses:

- To support the body's own defences
- A nutritional accompaniment in the wet and cold season

Bioavailable micronutrients in a pure form

- Only active ingredients
- Free of additives
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell

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WELCOME TO YOURSELF

INGREDIENTS per daily dose	3 capsules	% NRV*
Shiitake powder	1200 mg	-
Vitamin C	108 mg	135

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Shiitake powder (*Lentinula edodes*), hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose, calcium-L-ascorbate.

RECOMMENDED DOSAGE

3 capsules daily taken with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

In very rare cases, it can result in an allergic skin reaction (shiitake dermatitis).

PACKAGE SIZE AND CONTENT

120 capsules (40 day supply), 74 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 18.01.2019.



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