

# Chaga

## The King of Herbs

Information in English

### Chaga (Inonotus Obliquus)

Which is neither plant nor animal, is a mushroom that grows on birch trees.

Strangely, it has a DNA structure that is 30% more human than plant! Birch trees take 15-20 years to reach maturity. During that time, the Chaga mushroom absorbs and concentrates many valuable enzymes, nutrients and healing compounds that are bioavailable to the human body.

Chaga grows primarily in Siberia, but also in parts of Japan, Korea, Alaska, Canada and northern Scandinavia. And although Chaga is found on your typical white birch tree, the most potent variation is found on the black birch trees of Siberia, the exclusive harvesting area of "The King of Herbs" Chaga.

Superfood is a word hot on everyone's tongue these days, but right about now, you can't use that buzz word without mentioning Chaga. It's known as the "King of Herbs" by many and after seeing it's jaw-dropping antioxidant value, there's no doubt why. Wild-harvested Chaga mushrooms not only have the highest antioxidant levels in the mushroom kingdom, but of any known food to man (as tested by the Brunswick Laboratories, the USDA and Tufts University).

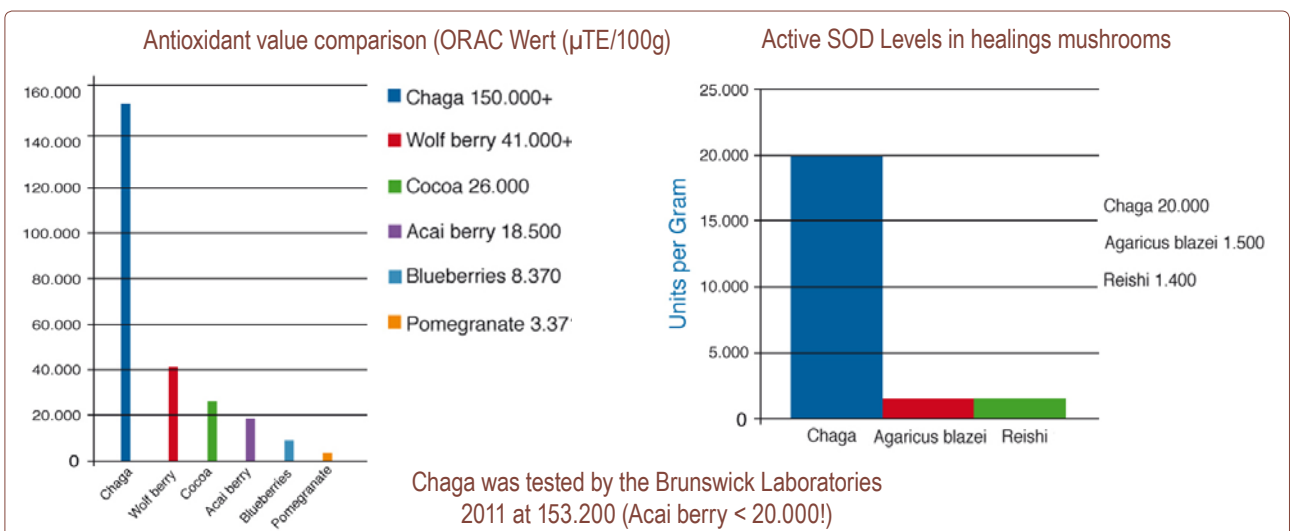
Our Chaga Multi-Super-Extract has total ORAC value of 153.200 yTE/100g.



The Mumijo gathering sites in the Altai Mountains are marked red.

### Siberian Chaga Mushroom

grows only in limited areas. On the map, the green color shows where Chaga Mushroom can be found in general. The yellow color shows where our real Siberian Black Birch Tree Chaga Mushroom grows. We collect our Chaga from the Eastern Siberia Taiga Forest, the Northern part towards the Altai Mountains range and Khakassia, the region North of Lake Baikal and the Kamchatka peninsula. These are the areas with the winter temperatures as low as -50° Celsius. The huge regions are very thinly populated and have no industries around. The lack of industries and the harsh climate conditions make our Chaga ecologically clean and free of any contamination.

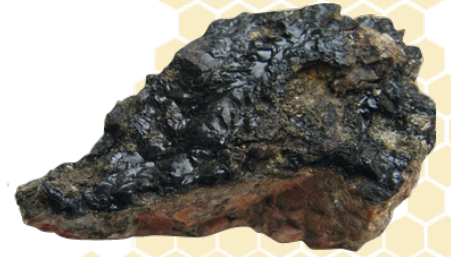




# Mumijo:

## "The Gift of the Gods"

Mumijo is a dark brown hard tar converged from honey and honey combs of wild living ancient bee populations, in a fossilization process of millions of years. It is extremely rare and only found in caves of very high mountain regions of central Asia. Bearmedicine's Mumijo is mined by hand under the highest efforts in regions above 2,500 m / 8.000 ft in the Altai mountain region. But due to our unique freeze-dry multi extraction method, the health-supportive biological compounds become bioavailable or the human body. In this way you access 100% of the available therapeutically relevant components of Mumijo that gives the immune system a natural boost.



From the 1950s to the 1980s, extensive studies on the therapeutic uses of mumijo were conducted in Russia at the University of Tashkent, and the following main indications are considered to be "scientifically-medically" proven:

- Immunmodulation
- Aftercare of fractures
- Gastrointestinal diseases of the mucous membrane (gastritis)

# Bearmedicine's

Highly potentised instant MULTI-SUPER-EXTRACT from 100% Siberian CHAGA mushroom. To become a highly concentrated extract powder, it has undergone a technological process combining water and freeze-drying extraction.

Why do we need to apply this elaborate process to CHAGA?

This extraction process allows for the activation of the health-promoting CHAGA compounds that are "stored" in raw CHAGA in a passive state, but are not absorbed by the body to this extent in raw CHAGA (ground powder or tea). When you brew Chaga tea, you are making something that resembles a mini extract, but thereby only have access to max. <20% of the important components. In addition, our extraction process allows us to remove useless substances and concentrate the maximum of important biological compounds. To obtain 1 kg of CHAGA extract, we use approx. 8 kg of raw CHAGA mushroom!



### Chaga (pure)

The King of Herbs Chaga Ultimate Super Extract is on of the purest and superior qualities of Chaga available - 100% harvested by hand in the nordic Taiga. Multi-super extract - instantly soluble (no cooking).

**Intake:** Daily before breakfast put 1 serving in min. 100 ml fresh water and stir well. You may also add it into your morning smoothies, muesli, porridge, etc. Children take 1 serving daily before breakfast and with increased requirement max. 1 serving before breakfast and dinner.

**One Jar:** 72 g  $\hat{=}$  60 Serving à 1,2 g

**Shelf life:** At least 3 years

One Jar (60 days) à 59,-- €

In 3's set incl. measuring spoon à 55,-- €

One Refill Pack (60 days) à 45,-- €

### Chaga<sup>80%</sup> + Mumijo<sup>20%</sup>

Chromogenic Complex: 60%

Polysaccharide: 35%

Beta-Glucans: >33%

The King of Herbs Chaga + Mumijo Ultimate Super Extract is on of the purest and superior qualities of Chaga & Mumijo (Shilajit) available - 100% harvested / mined by hand in the nordic Taiga and Altai mountains.

**Intake:** Daily before breakfast put 1 serving in min. 100 ml. fresh water and stir well. You may also add it into your morning smoothies, muesli, porridge, etc. Children take 1 serving daily before breakfast and with increased requirement max. 1 serving before breakfast and dinner..

**One Jar:** 72 g  $\hat{=}$  60 Serving à 1,2 g

**Shelf life:** At least 3 years

One Jar (60 days) à 69,-- €

In 3's set incl. measuring spoon à 65,-- €

One Refill Pack (60 days) à 55,-- €

### Mumijo (pure)

The King of Herbs Mumijo Ultimate Super Extract is the purest and the highest quality available on Earth - 100% mined by hand under the highest efforts in regions above 2,500 m / 8.000 ft in the Altai mountain region. Multi super extract in powder form

**Intake:** 1 serving 2 x p. day sublingually or mix in water, smoothies or shakes

**Increased dosage:** 3x daily.

**One Jar:** 27 g  $\hat{=}$  90 Serving à 0,3 g

**Shelf life:** At least 3 years

One Jar (45 days) à 39,-- €

In 2's set incl. measuring spoon à 35,-- €

**Note:** (1) After 14 days taking, pause with Chaga + Mumijo for 14 days. In this pause keep on taking Chaga-pure!  
(2) After 14 days start again with Chaga + Mumijo for another 14 days. (3) Pause again for 1 month. (4) After 1 month pause, start over again at (1). ... and so forth throughout the year.  
In all times pausing Chaga + Mumijo take Chaga-pure on a daily base as suggested above at „intake“. Pauses are solely concerning the Mumijo and not the Chaga!

Measuring spoon (made of copper) à 2,90 €



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