

# What is Altos Ganoderma Capsule-

Ganoderma Lucidum is a medicinal mashroom with natural health benefits. Ganoderma is a botanical name. It is derived from Greek word; Gano means shiny and Derma refers to skin. Ganoderma means shiny skin. Ganoderma isn't a medicine but a mashroom with medicinal properties. It is actually an ancient medicine of china which has a history of over 4000 years.

## Why people should **Peat Altos Ganoderma Caspule**

Ganoderma includes 400 nutrients and these nutrients promotes good health and vitality. It contains potassium, phosphorous, calcium and vitamins such as vitamin A, C, E, D and vitamin B complex which are essential for health.

Immune Wellness

### Benefits

- ✓ It is anti allergic
- ✓ Potent source of antioxidant
- ✓ Prevents build up of plaque in arteries
- ✓ Protects the liver from damage caused by physical and biological factors.
- ✓ Cure for certain kidney diseases.
- ✓ Used as muscle relaxant.
- ✓ Useful in boosting immune system.
- ✓ Help to overcome stress and anxiety.
- ✓ Provide relief from urinary tract infections.
- ✓ Contributes in longer life span.
- Improves blood flow and lowers oxygen consumption.

### Dosage

1-1 capsules Morning, Afternoon, Evening after food or as directed by the physician.



#### Note

- \* Eat fresh fruits & vegetables
- \*Take more quantity of water every day

"Each Family Healthy Family"