

What dose should I take?

First, please study the list of properties per ingredient, to find out which ones fit you the best. You'll find the list via these links: [English](#) – [Dutch](#). Our basic advice is to take Lingzhi and Spirulina daily. The combination of these two supplements provide everything you need.

Hot drinks

You can replace our hot drinks with the normal hot drinks you now use. The amount of mushroom extract (Lingzhi) in these products offer you good health support in the long term. Our capsules are much stronger, because they contain higher doses. Use these, next to your hot drinks, if you want to experience results in a few weeks.

Capsules

The following principles apply to taking capsules.

- **Good health:** 2x Lingzhi and 2x Spirulina per day in the morning. This will boost your health and immune system. If you have an intensive lifestyle, take both 3 capsules a day.
- **Moderate health:** You forget to exercise regularly, do not always eat healthy and occasionally have minor health problems. 4x Lingzhi and 4x Spirulina per day in the morning, for 3 months. After this first period you can reduce it to the desired level.
- **Bad health:** You have chronic complaints. Start with 6x Lingzhi and 6x Spirulina per day for 3 months. Take half during breakfast and the other half during dinner. If you experience good results with this, you can slowly reduce it to the desired level. Increase again if complaints return.
- **Specific complaints:** As mentioned, the basis is always Lingzhi with Spirulina. Check the properties list to see which of the other two products best suits your specific situation. Add them to your Lingzhi and Spirulina. The worse your complaint, the higher the dose during the first 3 months (maximum 8 a day per product), then slowly reduce to the desired level.



The Mushroom Powerhouse

Before you start using, please read our international disclaimer [here](#).