



Swissisimi  
Since 1987



# FOOD SUPPLEMENTS

Tonicity and metabolic support to improve the immune system | 60 CPS

## Maitake

Maitake (*Grifola frondosa* (Dicks.) Gray) is an edible mushroom known as the "Prince of Edibles" due to its balanced nutritional value and outstanding medicinal value. Polysaccharides represent the most important bioactive components of Maitake, contributing to its many biological activities and health benefits.

### Recommended dosage:

Take 1 capsule twice a day with water.



MAITAKE  
SWISSISIMI  
60 CPS | 24.06gr  
€23,90



### Main indications

- The active ingredients in Maitake polysaccharides, such as  $\beta$  (1-3) D-glucan and  $\beta$  (1-6) D-glucan protein compounds, have positive effect on reducing blood glucose. Unsaturated fatty acids contained in Maitake extracts, such as glyceryl trilinoleate, have the same effect of **lowering blood glucose, cholesterol and reducing the risk of atherosclerosis**;
- Maitake polysaccharides activate immune responses such as macrophages, natural killer cells, and T-lymphocytes, as well as lymphokines and interleukins. Studies have shown that it reduces the side effects of chemotherapy, and animal studies have shown that Maitake can shrink tumors. In one study, compared to other previously tested natural substances, Maitake was shown to be the most effective inducer of apoptosis (cell death) in cancer cells;
- The high content of selenium and chromium in Maitake has the effect of **protecting the liver and pancreas and preventing cirrhosis and diabetes**; its high selenium content also makes it useful against Creutzfeldt-Jakob disease, macrosomia, and certain heart diseases;
- The high content of **vitamin E** in Maitake in combination with selenium, makes it **anti-aging and enhances memory and sensitivity**. It is also an excellent immunomodulator;
- The high zinc content of Maitake is beneficial for **brain development, keeping vision sharp, and promoting wound healing**;
- Maitake contains both calcium and vitamin D. The combination of the two can effectively prevent and treat rickets.

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## Cordyceps

CORDYCEPS is a supplement with Cordyceps sinensis as the main ingredient. Ophiocordyceps sinensis (formerly known as Cordyceps sinensis), a fungus of ascomycete fungi that has been used for traditional herbal remedies. It is beneficial to improve the function of the respiratory system, enhance the natural immunity of the body, and also promote metabolism.

### Recommended dosage:

Take 1 capsule twice a day with water.



CORDYCEPS  
SWISSISIMI  
60 CPS | 24.06gr  
€23,90



### Main indications

- **Middle-aged and elderly:** Cordyceps can play a role in anti-aging, leading to a long and healthy life and significantly improving the ability of the human immune system;
- **Smokers, alcoholics, and long-term drug users:** Cordyceps has the effect of protecting the lungs and benefiting the kidneys, stopping bleeding and resolving phlegm, and stopping coughing;
- **People who lack exercise and are physically weak:** Cordyceps can resist hypoxia and fatigue, improve exercise capacity, and enhance the ability of the human immune system;
- **People with high work pressure, low immune function, impatience, fatigue, irritability, or who feel they are aging too fast, are easy to catch a cold, or have allergies:** Cordyceps can play a sedative role, improve sleep, dilate blood vessels, increase the blood circulation of the skin surface, and play a role in beauty and skin care;
- **Patients with various types of tumors:** Cordyceps can effectively induce cell death, inhibit the fission of cancer cells, delay the spread of cancer cells, significantly improve the phagocytic ability of T cells and macrophages in the body, and greatly enhance their ability to fight cancer cells. Based on research findings, cordycepin is expected to be a potential combination cancer treatment drug;
- **Patients with pneumonia, tuberculosis, emphysema, asthma, chronic bronchitis, acute and chronic hepatitis, cirrhosis of the liver, people suffering from acute and chronic nephritis, kidney failure, kidney deficiency, uremia, and diabetes:** Cordyceps has antibacterial, antiviral, and anti-inflammatory effects;
- **People suffering from myocarditis, irregular heart rate, stroke, cerebral thrombosis, vascular sclerosis, hyperlipidemia, high and low blood pressure:** Cordyceps can significantly lower the low triglyceride, cholesterol, and lipoprotein levels in the blood, thus resisting thrombosis, preventing arrhythmias and effectively lowering blood pressure, reducing the risk of cardiovascular disease.

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## Reishi

Reishi (scientific name: *Ganoderma lucidum* (Curtis) P. Karst.) is a woody mushroom found throughout the world. Used in Traditional Chinese Medicine (TCM) for over 2000 years, *Ganoderma lucidum* supports the body's natural defenses, supports circulatory system functions that help control cholesterol levels and maintain health, and supports the immune system.

### Recommended dosage:

Take 1 capsule twice a day with water.



\*943364873\*

REISHI  
SWISSISIMI  
60 CPS | 24.06gr  
€23,90



### Main indications

- **Liver-protective effects:** *Ganoderma lucidum* has antioxidant and hepatoprotective properties;
- **Promoting immune function:** the pro-immune function of *Ganoderma lucidum* is related to its effect on effector cells;
- **Delaying aging and increasing longevity:** *Ganoderma lucidum* has been shown to have antioxidant and free radical scavenging properties that protect tissues from the toxic effects of reactive oxygen species and also help maintain the oxidative state of the body;
- **Prevention of cardiovascular disease:** products from *Ganoderma lucidum* have now been shown to have a range of anti-cardiovascular activities, including effects on blood lipids, blood prognosis, obesity, and diabetes;
- **Beneficial in cancer treatment:** extensive studies over the past decade have provided evidence of the anti-cancer activity of *Ganoderma lucidum* triterpenoids at various stages of carcinogenesis. These activities include cell cycle arrest, induction of apoptosis and autophagy, as well as inhibition of metastasis and angiogenesis. Thus, *Ganoderma lucidum* triterpenoids have promising anticancer properties and show great potential for future anticancer drug development and clinical studies;
- **Beneficial in epilepsy treatment:** a retrospective study (over 8 weeks in 18 patients with epilepsy) noted that oral administration of Spore powder of *Ganoderma lucidum* significantly reduced the number of seizures per week compared to pre-treatment;
- **Beneficial for fibromyalgia:** a randomized double-blind controlled study noted that the use of *Ganoderma lucidum* was effective in improving performance on physical fitness tests, including aerobic endurance, lower extremity physical agility, and speed.

## Shiitake

Shiitake (*Lentinula edodes* (Berk.) Pegler) is one of the most popular edible mushrooms and is widely used in Japanese and Chinese cuisine. The main ingredient in our products is shiitake, which is rich in protein, polysaccharides, dietary fiber, minerals, and vitamins that are beneficial to human health.

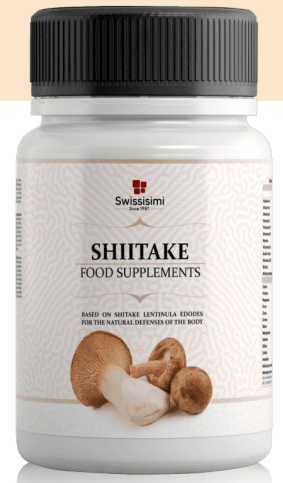
### Recommended dosage:

Take 1 capsule twice a day with water.



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SHIITAKE  
SWISSISIMI  
60 CPS | 24.06gr  
€23,90



### Main indications

- **Delaying aging:** the aqueous extract of shiitake has a certain effect on eliminating hydrogen peroxide in the body;
- **Boosting immunity:** shiitake polysaccharides are extremely beneficial, promoting the production of T lymphocytes and increasing the killing activity of T cells, increasing the function of macrophages, stimulating the secretion of various cellular hormones, and activating the cells themselves, i.e., greatly enhancing our resistance and immunity;
- **Treatment of malignant tumors:** AHCC® is a standardized extract of cultured shiitake mycelia, which contains a mixture of nutrients including oligosaccharides, amino acids, and minerals obtained through liquid culture. Studies have found that supplementation with AHCC® may defend the host against infections and malignancies by modulating the immune system;
- **Strengthening the spleen and stomach, nourishing the liver and kidneys, and nourishing the skin and beauty:** according to the arguments of Chinese medicine, shiitake is sweet and calm in nature, which can strengthen the spleen and stomach, nourish the liver and kidneys, educate and calm the mind, and nourish the skin and beauty; their special aroma can promote appetite, and their rich iron can improve anemia, as well as prevent cirrhosis of the liver and stabilize the autonomic nerves;
- **Lowering blood pressure, cholesterol, and blood lipids:** shiitake contain purines, choline, tyrosine, oxidative enzymes, and certain nucleic acid substances, which can play a role in lowering blood pressure, cholesterol, and blood lipids;
- **Prevention of high-fat diet-induced cognitive deficits:** Dietary shiitake  $\beta$ -glucan supplementation may be an effective nutritional strategy to prevent a high-fat diet-induced alterations in synaptic ultrastructure, neuroinflammation, and deficits in brain-derived neurotrophic factors to prevent cognitive deficits and improve the gut-brain axis.

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