



A fulfilling life with **Wellness** **PRO**

- **Discover**

The Wonderful World of Fungi and How They Work in the Body

- **Antioxidants**

in Health Extension and Anti-Aging

- **Fungi**

and Cellular Regeneration: The Key to Combating Disease

- **How a Daily Cup**

of Coffee Boosts Your Energy

- **Not All Mushrooms**

Are Created Equal: A Guide to Identifying Functional Varieties



Mushrooms

Why consume them?

Mushrooms, classified in the Fungi kingdom, stand out for their high nutritional value and medicinal properties, with more than 200 beneficial health functions. Their regular consumption helps eliminate toxins and strengthen the immune system.

Key Benefits:

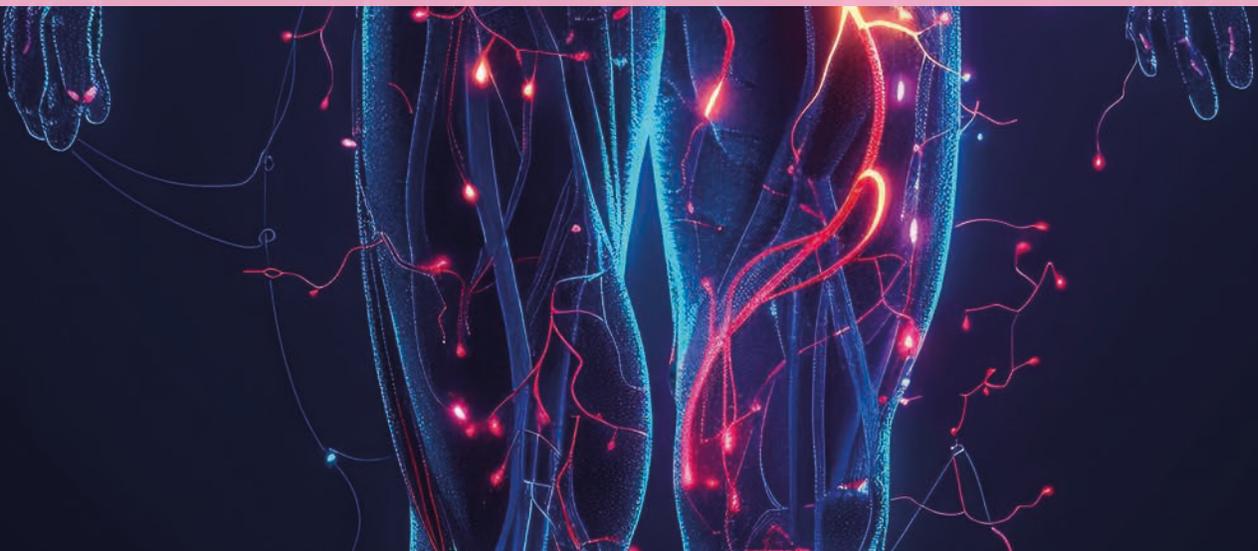
1. Digestive Health: They improve intestinal transit and detoxify the liver.
2. Cardiovascular Health: Blood pressure, cholesterol and glucose regulators.
3. Mental Wellness: Reduces fatigue and stress, improving sleep and brain development.
4. Immune System: Antibacterial and antiviral effects, strengthen the body's defenses.
5. Bone Health: Prevents bone and joint degeneration.
6. Anti-inflammatory properties: Reduce muscle pain and post-workout symptoms.
7. Antitumor effects: Properties that fight cancer and prevent metastasis.





Stages of action in the organism:

- Exploration (1-30 days): Initial subtle effects.
- Detoxification (1-30 weeks): Elimination of toxins.
- Regulation (1-12 months): Balancing of body functions.
- Building (6-24 months): Strengthening and recovery of the immune system and organs.
- Regeneration (1-3 years): Medicinal mushrooms optimize body functions, rejuvenate skin and tissues, and maintain overall body balance.



*How to obtain the purest **extract***



Gano Excel, a Malaysian company, has been studying mushroom tissue since 1983 and took 12 years to identify the six species with the highest nutritional value.

Gano Excel has fused six mushrooms with high nutritional value, highlighting *Ganoderma lucidum* as the most nutritious mushroom in the world. The company has the largest organic plantations and uses efficient processes in cultivation and extraction, achieving a soluble extract containing 150 antioxidants and 200 phytonutrients.





Ganoderma lucidum

This mushroom, which matures in 3 months, develops 150 antioxidants, 200 phytonutrients and beta-glucans. Its benefits include longevity, skin protection against free radicals, immune system regulation, stimulation of metabolism for weight control, improved kidney function, prevention of flu and colds, and increased energy.



Excellium

With 1 month of maturation, this mushroom is rich in mycelium, organic germanium and polysaccharides.

Its main action focuses on the central nervous system and blood oxygenation, promoting alertness, concentration and mindfulness activities.



Cordyceps militaris

This mushroom contains adenosine, vitamins and amino acids. It improves blood circulation, protects the kidneys and regulates cortisol. It is used globally to increase athletic, physical and sexual performance, reduce fatigue and improve mood.



Trufa

This mushroom contains antioxidants that constitute a defense against generalized aging of the organism and help fight free radicals. It also has elastic properties that positively stimulate collagen production.

*It has never been so
much fun to **be healthy***



"All our coffees do not cause heartburn, palpitations or anxiety. They contain non-dairy creamer, ideal for lactose intolerant people. All our products come in sachets for personal consumption, practical to carry everywhere and guarantee the conservation of nutrients.

*Consume
the power
of our
mushrooms
**in your favorite
beverage.***



Retail: \$36.00



Puntos:
PV: \$17
CV: \$19,2



Classic Black Coffee

Exquisite fusion of exceptional gourmet coffee enriched with the powerful extract of Ganoderma lucidum, unsweetened.

Benefits:

- Reduces stress and anxiety.
- Controls migraine attacks.
- Improves intestinal transit and cardiovascular function.
- Regulates hormonal problems.
- Stimulates physical and mental performance.
- Improves circulation and blood oxygenation.
- Helps regulate blood glucose levels.
- Strengthens the immune system.
- Powerful pre-workout.

Amount:

30 sachets.

Preparation:

Cold, hot or as an ingredient for recipes.



Retail: \$36.00

Gano Coffee 3 in 1 or Cappuccino

The perfect combination of premium coffee, non-dairy creamer and Ganoderma lucidum extract.

Benefits:

- Boosts the immune system.
- Improves blood circulation.
- Lowers cholesterol levels.
- Combats chronic fatigue.
- Improves the functioning of the nervous system.
- Elevates mood.
- Provides energy in a natural way.
- Optimizes the oxygenation of the organism.
- Improves focus and work productivity.
- Regulates blood pressure naturally.

Presentation: 20 sachets.

Preparation: Cold, hot or as an ingredient in recipes.

Ideal for: Accompany your breakfasts, brunches or that special moment of the day.

Puntos:
PV: \$17
CV: \$19,2



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PRO



Retail: \$37.00

**Puntos:
PV 18
CV 20**



Gano Schokolade

Delicious chocolate drink enriched with Ganoderma lucidum extract, vitamins, antioxidants and minerals.

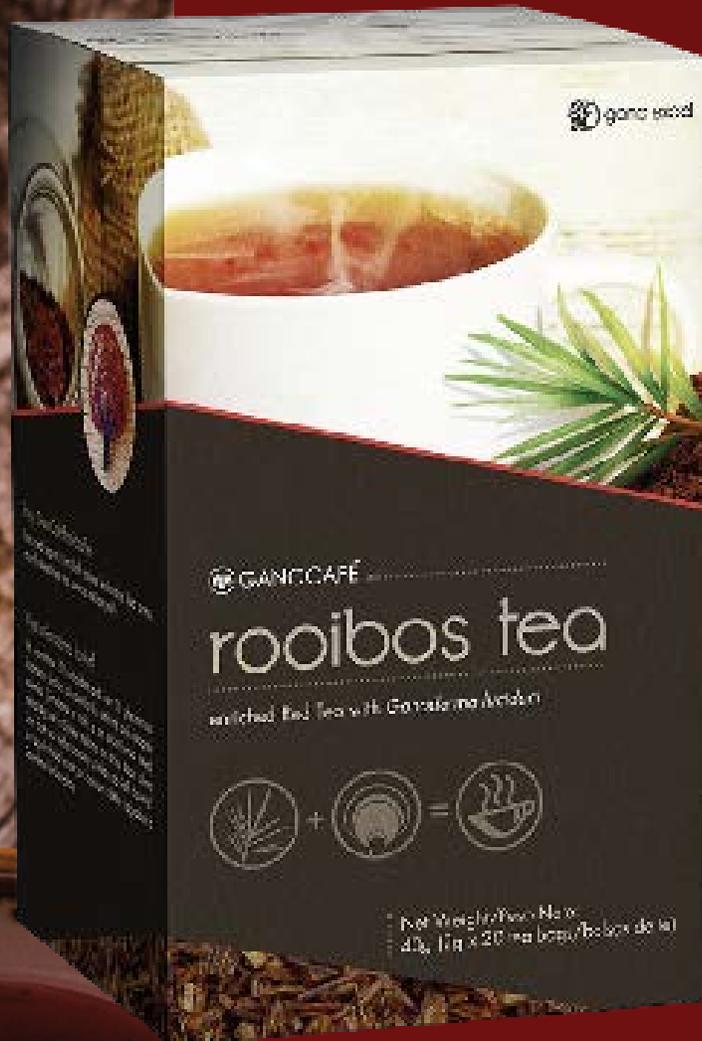
Benefits:

- Relaxes the body and promotes tranquility
- Strengthens the immune system
- Natural source of antioxidants that protect against diseases
- Provides essential nutrients for healthy growth of children
- Reduces irritability and anxiety
- Improves concentration
- Promotes restful sleep

Presentation: 20 sachets

Preparation: Cold, hot or as an ingredient for recipes

**Bienestar
PRO**



Retail: \$36.00

Puntos:

PV 17

CV 19.4

Rooibos Tea

Delicious rooibos infusion of South African origin, enriched with Ganoderma lucidum extract.

Benefits:

- Helps balance potassium and sodium levels, preventing fluid retention
- Promotes weight loss thanks to its thermogenic properties
- Contributes to regulate sleep cycles
- Protects the nervous system
- Effective body shaper in areas with fat accumulation
- Increases energy while promoting fat burning
- Acts as a natural anti-inflammatory

Presentation: 20 sachets

Preparation: Cold or hot

Retail: \$41.00

Puntos:

PV 21

CV 22.4



Mocha

Exquisite combination of beta-glucans from **Ganoderma lucidum** with premium coffee and cocoa.

Benefits:

- Generates satiety
- Reduces sweet cravings
- Promotes digestion
- Ideal as a pre-workout
- Helps relieve migraine
- Contributes to the control of diabetes

Presentation: 20 sachets

Preparation: Cold, hot or as a gourmet ingredient

Perfect for: Accompany your breakfasts, brunches or that special moment of the day.



Tongkat Ali

Latte type drink, with a delicious herbal touch of Malaysian ginseng and enriched with Ganoderma Lucidum extract.

Benefits:

- Reduces stress and anxiety
- Improves body energy levels
- Increases muscle mass and strength
- Reduces blood sugar
- Positive impact on bone health
- Increases testosterone
- Increases male fertility, as well as sexual performance
- Increases libido

Presentation: 15 sachets

Preparation: Cold, hot or as a gastronomic ingredient.

Puntos:

PV 17
CV 19.2

Retail: \$36.00





Gano C'Real

More than a common cereal: a nutritious food enriched with spirulina and Ganoderma lucidum extract.

Benefits:

- Promotes muscle development and reduces fatigue
- Increases vitality and energy
- Reduces spasms and prevents muscle injuries
- Improves metabolism and intestinal transit
- Increases physical strength and endurance
- Regulates blood pressure
- Reduces the frequency of cramps

Presentation: 15 sachets

Puntos:

PV 17

CV 20

Retail: \$36.00

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PRO



Latte Light

Delicious beverage enriched with beta-glucans from *Ganoderma lucidum* and gourmet coffee.

Benefits:

- Strengthens the immune system
- Improves blood circulation
- Reduces cholesterol levels
- Fights chronic fatigue
- Optimizes nervous system function
- Elevates mood
- Provides natural energy
- Improves cellular oxygenation
- Increases focus and productivity
- Naturally regulates blood pressure
-

Presentation: 15 sachets

Preparation: Cold, hot, or as a culinary ingredient

Perfect for: Your breakfasts, brunches, or special moments

Retail: \$36.00

Puntos:
PV 17
CV 18





Mocha Light

Exquisita combinación de betaglucanos de **Ganoderma lucidum** con café premium y cacao.

Benefits:

- Promotes a feeling of fullness
- Reduces cravings for sweets
- Supports digestion
- Ideal as a pre-workout drink
- Helps relieve migraines
- Contributes to diabetes management

Presentation: 15 sachets

Preparation: Hot, cold, or as a culinary ingredient

Perfect for: Accompanying your breakfasts, brunches, or that special moment of the day

Retail: \$40.00

Puntos:

PV 21

CV 21.75



Retail: \$66.00

Puntos:

PV 28

CV 36

Gano Plus Reskine Collagen Drink

Drink enriched with beta-glucans from Ganoderma lucidum, pure marine collagen and the power of Gano Plus.

Benefits:

- Provides elasticity and firmness to the skin, preventing age-related deterioration
- Stimulates natural collagen production
- Reduces skin flaccidity
- Visibly reduces wrinkles and signs of aging
- Improves joint health, maintaining flexibility
- Strengthens tendons during physical activity
- Rich source of essential amino acids
- High antioxidant power
- Neutralizes free radicals
- Prevents collagen loss
- Strengthens brittle nails and hair

Presentation: 10 sachets





SPIRIT Ganoderma capsules

Benefits:

- Powerful antioxidant action
- Combats acne, skin blemishes, vitiligo and dermatitis
- Prevents and controls gastrointestinal disorders
- Improves kidney and liver function
- Prevents premature aging
- Regulates blood pH and improves oxygenation
- Naturally eliminates abnormal cells
- Reduces the risk of cardiovascular diseases
- Acts in autoimmune diseases (lupus, arthritis, multiple sclerosis, fibromyalgia and thyroid conditions)
- Inhibits histamine release, helping in cases of asthma and allergies.

Presentation: 90 capsules

Puntos:
PV 36
CV 35.2

Retail: \$69.00



Excellium capsules

The key to boost your brain wellness.
Capsules enriched with a powerful formula based on Ganoderma lucidum mycelium extract.

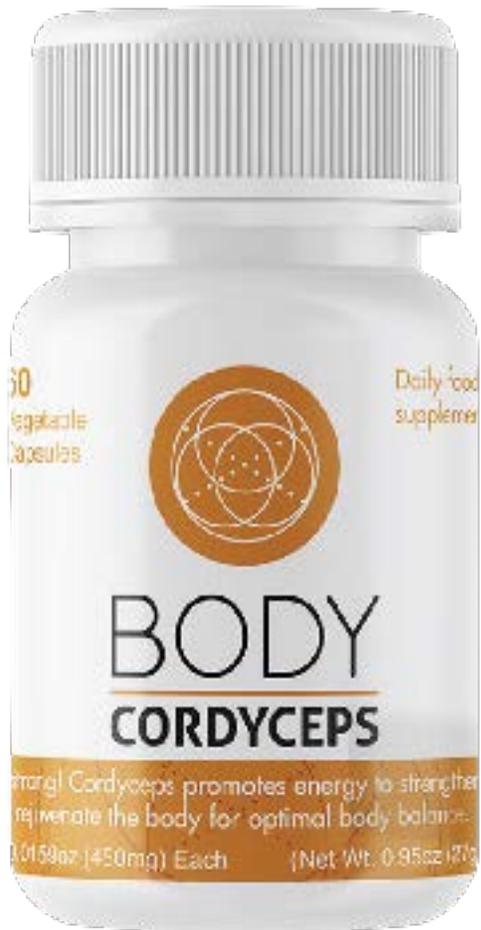
Benefits:

- Improves brain function (attention, memory, concentration and cognitive capacity)
- Relaxes the central nervous system and reduces insomnia
- Helps prevent Alzheimer's
- Strengthens the immune system
- Regulates blood glucose and cholesterol levels
- Improves mood and helps fight depression
- Promotes cell regeneration

Presentation: 90 capsules

Puntos:
PV 36
CV 35.2

Retail: \$69.00



Retail: \$69.00

Puntos:
PV 38
CV 36.8

Cordyceps capsules

Natural energy formula with Ganoderma and Cordyceps militaris.

Benefits:

- Increases sexual desire and testosterone levels
- Protects and improves hepatic function
- Cares for renal health and regulates cortisol
- Natural aphrodisiac effect
- Improves muscular oxygenation
- Increases physical endurance
- Accelerates muscular and mental recovery
- Optimizes blood circulation (muscles and genital area)
- Provides vitamins and minerals for hormonal balance

Presentation: 60 capsules

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Gano Plus Capsules

Boost your well-being 10 times

Benefits:

- Strengthens your immune system
- Strengthens your body's natural defenses
- Improves cellular oxygenation
- Provides vital energy
- Detoxifying and purifying action
- Reduces inflammation
- Improves blood circulation
- Regulates glucose levels
- Promotes cellular rejuvenation
- Increases sexual endurance
- Controls allergic reactions
- Improves sleep quality

Retail: \$245.00

Puntos:

PV 70
CV 136

Presentation: 90 capsules



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Reishi Touch

Premium lotion enriched with Ganoderma lucidum extract.

Benefits:

- Advanced protection against environmental damage and oxidative stress
- Special formula for sensitive skin: soothes redness and irritation
- Smooths and evens skin texture
- Deep moisturizing for radiant skin

Presentation: 150 g bottle

Retail: **\$53.00**

PV 28
CV 26.6

GANODAK LT FOR PERSONAL CARE



FRESH
TOOTHPASTE

enriched with
Ganoderma lucidum extract



Fresh Mint Toothpaste

Net Weight/ Peso Neto
150g (5.29oz)



Gano Fresh Toothpaste

Revolutionary fluoride-free toothpaste. Natural formula with sorbitol, mint and Ganoderma lucidum extract.

Benefits:

- Prevents gingival bleeding and oral diseases
- Strengthens gums and tooth enamel
- Reduces tooth sensitivity
- Regulates oral pH
- Antimicrobial and antibacterial action
- Promotes healing
- Prevents cavities and plaque buildup
- Formulation safe for children

Presentation: 150 g tube

Retail: \$28.00

Puntos:

PV 11
CV 14.4



SENSE Soap

Luxury and comprehensive care for your skin

Benefits:

- Powerful moisturizing and rejuvenating action
- Deep cleansing that respects the natural skin barrier
- Intense moisturizing and soothing effect after sun exposure
- Regulates the pH for healthy and revitalized skin
- Deep nourishment that slows skin aging
- Enriched with vitamins A and C
- Natural tonic effect that restores radiance

Presentation: 200 g bar

Puntos:

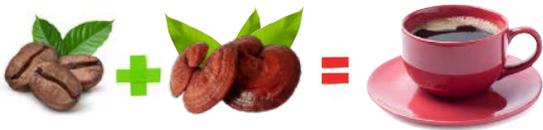
PV 10
CV 14.4

Retail: \$28.00

IT IS NOT A MEDICATION

*Ganoderma lucidum
does not replace your
medications, it is a 100%
natural superfood with
positive effects on the
health of the consumer.*

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liderespro.com

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 **ACT FAST!** 
YOUR HEALTH NEEDS IT

Contact us

Contact the person who shared this information with you to order your Ganoderma Lucidum products.

 Register as a returning customer.

