



# A Fulfilling Life

# WELFARE

# PRO

- **Discover**

The wonderful world of fungi and how they act in the body

- **Antioxidants**

for health longevity and anti-aging

- **Mushroom**

Cell regeneration, the key to fighting diseases

- **Like a cup of coffee**

Improve your energy every day

- **Not all mushrooms**

Are the same, find out how to tell them apart



# Mushroom

## Why consume them?

Mushrooms, classified in the kingdom Fungi, are notable for their high nutritional value and medicinal properties, with over 200 beneficial health functions. Regular consumption helps eliminate toxins and strengthen the immune system.

### Benefits according to traditional Chinese medicine and naturopathy:

1. Contributes to strengthening the immune system.
2. Supports the body's natural oxygenation.
3. Promotes the body's natural detoxification processes.
4. Helps maintain a balanced inflammatory response.
5. Contributes to healthy blood sugar levels as part of a healthy lifestyle.
6. Provides energy, vitality, and physical stamina.
7. Contributes to sexual vitality and overall well-being.
8. Supports digestive health and intestinal balance.
9. Contributes to metabolic balance and normal bodily function.
10. Protects cells against oxidative stress thanks to its antioxidant properties.
11. Helps the body adapt to stress (adaptogenic support).
12. Promotes relaxation and improved sleep quality.
13. Supports joint and bone health as part of an active lifestyle.
14. Contributes to recovery and physical performance.
15. Appreciated by individuals with seasonal sensitivities and for respiratory well-being.
16. Traditionally used in various cultures as part of nutritional and wellness practices.



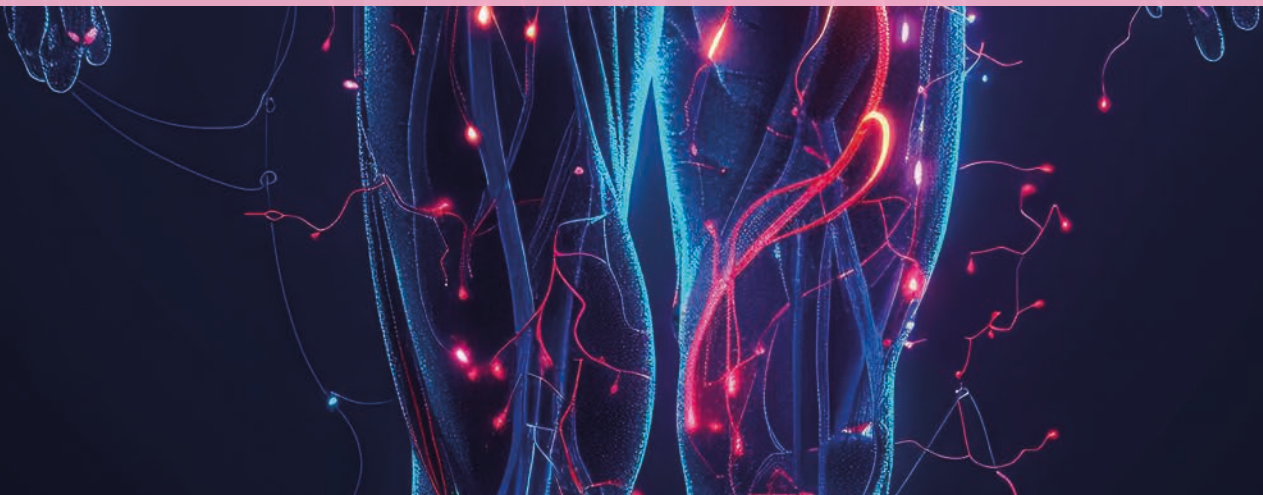


## Stages of action **in the** **organism:**

- Exploration (1-30 days):  
Subtle initial effects.
- Detoxification (1-30 weeks):  
Elimination of toxins.
- Regulation (1-12 months):  
Balance of bodily functions.
- Construction (6-24 months):  
Strengthening and recovery of the immune system  
and organs.

### Regeneration (1-3 years):

- medicinal mushrooms optimize bodily functions, rejuvenate skin and tissues, and maintain the



# *How to obtain the purest extract*



Gano Excel, a Malaysian company, has been studying mushrooms since 1983 and spent 12 years identifying the six species with the highest nutritional value. The company combined these six highly nutritious mushrooms, highlighting *Ganoderma lucidum* as the most nutritious mushroom in the world. Gano Excel owns the largest organic plantations and uses advanced cultivation and extraction processes, resulting in a soluble extract containing over 150 antioxidants and more than 200 phytonutrients.





## ***Ganoderma lucidum***

This mushroom matures in three months and is renowned for its rich nutritional profile, including natural antioxidants, phytonutrients, and beta-glucans. Traditionally used across various cultures, it is highly valued by those seeking vitality, longevity, immune support, balance, and an overall holistic wellness experience in their daily routine.



## ***Excellium***

With approximately one month of maturation, this mushroom is distinguished by its rich mycelium content, as well as naturally occurring compounds such as polysaccharides and other elements that contribute to its traditional profile.

It is valued by those seeking mental clarity, focus, and overall well-being in their daily routine. Ideal for supporting study, work, or mindful pauses and practices as part of a balanced lifestyle.



## ***Cordyceps militaris***

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



## ***Truffle***

This mushroom contains antioxidants that provide a defense against the body's natural aging process and help combat free radicals. Furthermore, it has elastic properties that positively stimulate collagen production.

*Being healthy has never  
been so much fun!*



All our coffees do not cause heartburn, palpitations, or anxiety. They contain non-dairy creamer, ideal for people with lactose intolerance. All our products come in single-serve sachets, convenient to take anywhere and ensuring the preservation of nutrients.

*Consider  
changing your  
habits. Try a  
drink enriched  
with Ganoderma  
and **incorporate  
it into your  
healthy lifestyle.***

CANADA Functional  
Beverage Catalog



**Retail: \$43.00 CAD**



**Points:**  
**PV: 17**  
**CV: 17,6**



## Classic Black Coffee

Exquisite black coffee and exceptional fusion of gourmet coffee enriched with the powerful extract of Ganoderma Lucidum, without sweetener.

### Key features:

- Low in caffeine.
- 100% Arabica, Gourmet Coffee
- Ideal for diabetics as it is sugar-free
- Gentle on the stomach (non acidic)
- Does not cause nervousness, palpitations, or sleep disturbances.
- Helps improve sleep, promotes relaxation, and combats oxidative stress
- Provides natural energy
- Ideal as a pre-workout drink for athletes

**Quantity:** 30 *sachets*.

**Preparación:** WATER + SACHET = READY AND TASTY

You can take it everywhere because it's sold in sachets.  
ENRICHED WITH GANODERMA LUCIDUM (REISHI) EXTRACT



Retail: \$43.00 CAD

## Gano Café 3 in 1

The perfect combination of premium coffee, non-dairy creamer, enriched with Ganoderma Lucidum extract.

### Key features:

- 100% Arabica, Gourmet Coffee
- Gentle on the stomach (non-acidic)
- Non-dairy creamer
- Does not cause nervousness, palpitations, or sleep disturbances.
- Mild and pleasant flavor
- Provides energy and focus
- All-in-one blend: coffee, Ganoderma, and sweetness in perfectly balanced proportions

**Presentation:** 20 sachets.

**Preparation:** WATER + SACHET = READY AND TASTY

YOU CAN TAKE IT EVERYWHERE BECAUSE IT IS SOLD IN SACHETS.  
ENRICHED WITH GANODERMA LUCIDUM (REISHI) EXTRACT

**Points:**  
**PV: 17**  
CV: 17,6



**Bienestar**  
**PRO**



**Retail: \$47.00 CAD**

**Points:**  
**PV 18**  
**CV 19.2**

## CHOCOLATE

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

### Key features:

- Creamy and delicious, ideal to enjoy hot or cold
- Milk
- A comforting beverage that combines tradition with modern nutrition
- Contains natural antioxidants that support a healthy lifestyle
- Ideal for both children and adults thanks to its mild flavor
- Supports daily focus and concentration

**Presentation:** 20 sachets

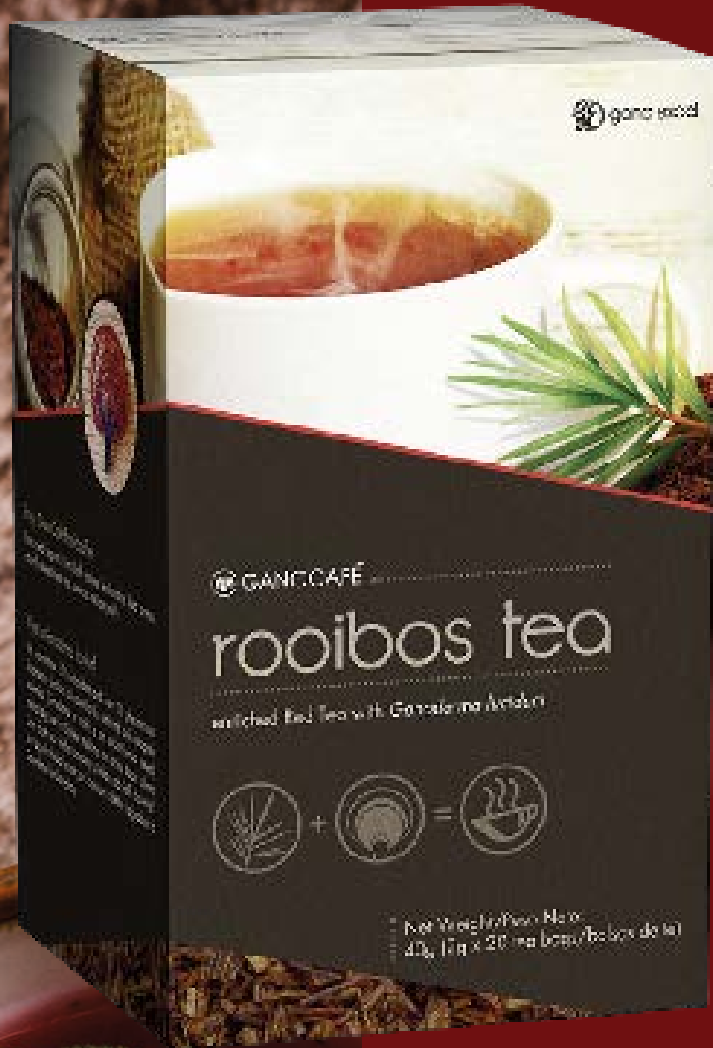
**Preparation:** WATER + SACHET = READY AND DELICIOUS

**Ideal for:** To accompany your breakfasts, brunches or that special moment of the day.

YOU CAN TAKE IT EVERYWHERE BECAUSE IT IS SOLD IN SACHETS ENRICHED WITH GANODERMA LUCIDUM (REISHI) EXTRACT



**Bienestar**  
**PRO**



**Retail: \$43.00 CAD**

**Points:**  
PV 17  
CV 18.4

## Rooibos Tea

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

### Key features:

- Caffeine- and theine-free
- Sugar-free, gluten-free, and additive-free
- Rich in electrolytes and highly hydrating
- Naturally sweet, with no bitterness
- Especially suitable for people with sensitive stomachs (non-acidic)
- Helps combat oxidative stress
- Does not interfere with mineral absorption, unlike green and black teas, which contain tannins
- Traditional African red infusion

**Presentation:** 20 Sachets

**Preparation:** WATER + SACHET = READY AND TASTY

YOU CAN TAKE IT EVERYWHERE BECAUSE IT IS SOLD IN SACHETS ENRICHED WITH GANODERMA LUCIDUM (REISHI) EXTRACT

**Bienestar**  
**PRO**

**Retail: \$52.00 CAD**

**Points:**

PV 21

CV 21.6



## Mocha

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

### Key features:

- Delicious combination of coffee and cocoa
- Gentle on the stomach (non-acidic)
- Milk
- Does not usually cause nervousness, palpitations, or sleep disturbances.
- Foamy and comforting texture
- Provides energy, pleasure and satisfaction in a single drink
- Ideal as a gourmet drink or an alternative to dessert.
- Perfect to enjoy hot or cold

**Presentation:** 15 Sachets

**Preparation:** WATER + SACHET = READY AND TASTY

**YOU CAN TAKE IT EVERYWHERE BECAUSE IT IS SOLD IN SACHETS  
ENRICHED WITH GANODERMA LUCIDUM (REISHI) EXTRACT**



# Tongkat Ali

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

## Key features:

- Contains extracts of Ginseng, Tongkat Ali and Reishi
- Provides a feeling of energy and natural vitality
- Non-dairy creamer
- Supports physical and mental balance for active lifestyles
- Supports daily performance and endurance
- Helps maintain feelings of strength, vitality, and sexual vigor.
- Does not cause nervousness, palpitations, or sleep disturbances.
- Source of natural antioxidants

**Presentation:** 15 sachets

**Preparation:** WATER + SACHET = READY AND TASTY

**Ideal for:** To accompany your breakfasts, brunches or that special moment of the day

YOU CAN TAKE IT EVERYWHERE BECAUSE IT IS SOLD IN SACHETS

ENRICHED WITH GANODERMA LUCIDUM (REISHI) EXTRACT

## Points:

PV 17

CV 18.4

**Retail: \$43.00 CAD**





NPN: 80091793



NPN: 80092543

# SPIRIT Ganoderma Capsules

## Benefits:

- Helps strengthen the immune system and supports the body's ability to adapt to stress.
- Promotes relaxation and improves sleep quality.
- Helps maintain a balanced inflammatory response.
- Protects cells against oxidative stress thanks to its antioxidant properties.
- Appreciated by people with seasonal sensitivities and respiratory imbalances.
- Supports digestive well-being and intestinal balance.
- Supports liver function.
- Contributes to healthy blood sugar balance as part of a healthy lifestyle.

## Presentation: 90 capsules

The claims are presented within the framework permitted by Santé Canada (traditional uses and general welfare).

## Points:

PV 36  
CV 32,8

**Retail: \$85.00 CAD**

# Excellium Capsules

*Young mycelium of Ganoderma lucidum*

## Benefits:

- Supports the body's natural oxygenation.
- Provides energy and vitality.
- Promotes relaxation and improves sleep quality.
- Supports physical recovery and performance
- Contributes to sexual vitality and overall well-being
- Supports mental clarity and focus
- Promotes cognitive well-being.
- Helps maintain vitality and natural energy levels
- Traditionally used to support mental balance and inner harmony
- Helps maintain healthy blood sugar levels as part of a balanced lifestyle

## Presentation: 90 capsules

The Excellium contains young mycelium of Ganoderma lucidum, rich in nutrients and bioactive compounds traditionally used to support general well-being.

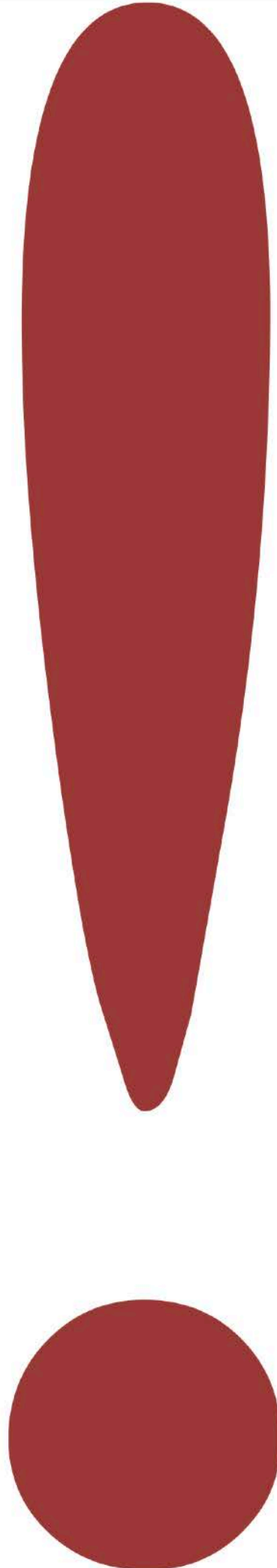
## Points:

PV 36  
CV 32,8

**Retail: \$85.00 CAD**

## **THIS IS NOT A MEDICATION**

Ganoderma lucidum does not replace your medications; it is a 100% natural superfood with positive effects on the consumer's health.



**Bienestar**  
**PRO**



[www.liderespro.com](http://www.liderespro.com)

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# Bienestar **PRO**

 **¡ACT FAST!**   
YOUR HEALTH NEEDS IT

Get in Touch

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

 Register as a recurring customer.

