



Chaga Case Studies and Insights

THE MIGHTY CHAGA AND WHY IT'S SO HIGHLY VALUED

The highest quality chaga are found in these wild forests, where humans have been consuming them for thousands of years for many benefits, from helping to balance immune health to supporting healthy cholesterol levels and already normal inflammatory responses.*

By forming a protection scar on a damaged birch tree, chaga mushrooms create a symbiotic relationship with the tree. Chaga mushrooms only grow in colder climates, primarily on older birch trees. And they can grow high in the trees, making their collection challenging as well as time- and energy-consuming.

When a birch tree loses a branch in a bad storm, chaga mushrooms can grow over the wound creating a protective type of scar. The scar serves a dual, symbiotic purpose – it helps the tree survive and the chaga mushrooms live off the nutrients from the birch tree.

The black-gold mushroom can grow for up to 20 years as it develops into a hard, woody mass. It resembles a dark clump of dirt or a burnt loaf of bread more than it does a mushroom. Because of how the mushrooms grow, they must often be loosened first with an axe or saw. Gatherers leave a little of the black mushroom around the edges, as the chaga will grow out again and cover the cut surface. This allows the gatherers to collect mushrooms year after year from the same trees.

Appearance and source aren't the only things that make chaga mushrooms so unique. It's what's inside them that is finally catching the attention of researchers...

WHAT SETS CHAGA APART FROM OTHER MUSHROOMS

Over the years, the chaga creates a host of compounds to fight for its survival, and this is why chaga is sometimes called the “King of the Mushrooms”.

Chaga isn't an edible mushroom – it must be extracted or turned into a powder before use.

Unlike other mushrooms, chaga isn't edible in its whole form due to its texture so it must be extracted or ground into a powder before use. Extracts are made from the sclerotium, the fungal mycelium outgrowth that occurs on the birch tree before the fruiting body occurs – something that doesn't happen often with chaga.

Similar to other mushrooms, chaga is rich in polysaccharides like beta glucan, which supports a healthy, balanced immune system and helps build your immune defenses. *

The Arctic chaga mushroom possesses the highest antioxidant activity in nature. In fact, it's 40 times stronger than blueberries. This high antioxidant level helps protect your cells, tissues and organs against the effects of oxidative stress. *

Chaga also contains some other unique biologically active compounds that may not be present or present in the same quantities in other mushroom varieties:

- **Betulinic acid** – The chaga mushroom converts betulin from its birch tree host into biologically active betulinic acid, an important triterpene sterol that supports healthy immune function, healthy cell division and an already healthy inflammatory response. *
- **Ergosterol peroxide** – This chaga component has been shown in studies to offer value for supporting optimal colon health and healthy cell division. *
- **Triterpenoids (and Inotodiol)** – Molecules that are concentrated in the outer black portion of the fungus, they're produced in abundance by chaga from a precursor found in the birch tree and are associated with chaga's many potential health benefits, especially cell health. *

This diverse array of beneficial compounds is unique to chaga grown on birch trees, as the mushroom absorbs many of these compounds from the tree's bark.

Why Chaga Mushrooms Were Medieval Finland's Equivalent of "An Apple a Day" for Everyday Health

Could chaga be even better than 'an apple a day'
for overall health?

Some of the documented potential health-supporting qualities attributed to chaga mushrooms include:

- Supports an already healthy inflammatory response*
- Supports a healthy balanced immune system*
- Supports healthy, normal cell health and cell division*
- Supports gastrointestinal health*
- Support healthy energy production*
- Support cognitive health*
- Supports a healthy, normal adaptogenic response to stressors*
- Help maintain healthy blood sugar levels. *

Take Control of Your Everyday Health with Organic Chaga Mushroom

From your immune health to the health of your cells, Organic Chaga Mushroom can support your everyday well-being. *

As you've seen, the source of your chaga supplement matters. Chaga produced on grain indoors doesn't provide the same benefits as wild-crafted chaga grown in the Arctic regions on birch trees. It's the symbiotic relationship