



CHAGA INFUSION

NATURALLY ALIVE

Chaga infusion helps maintain natural balance in the human body and strengthens the organism.

Lahemaa Heritage House prepares the strong infusion of chaga brewed over three days in 0.5- and 1-litre resealable bottles. In unopened bottles, the infusion can be preserved for at least a year. Opened bottles are best kept at lower temperatures, preferably refrigerated. This way the contents will be good for consumption for at least 3 months. The bottle should be shaken before use as the infusion contains natural sediment.

The chaga infusion made by Lahemaa Heritage House is pure. We do not add any herbs, alcohol, honey, or flavourings to it.

Lahemaa Heritage House has been licensed by the Estonian Agriculture and Food Board to make the product.

**LAHEMAA
HERITAGE HOUSE**

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Chaga, Latin *Inonotus obliquus*, is a fungus with strong medicinal properties. A black lump with an irregular shape, knobby and fragile exterior, like a piece of charcoal, will form on the bark of the tree. The fungus will take a long time to grow, usually more than 10 years, before it will be visible on the tree.

HEALTH BENEFITS

Consistent use of chaga infusion will support the natural processes of the body as demonstrated by the Food Laboratory's 2020 analysis of the chaga infusion produced by Lahemaa Heritage House.

- The infusion is rich in proteins. It participates actively in the production of antibodies and ensures a strong and functional immune system.
- Its rich content of fibre helps avoid constipation and can help prevent certain types of cancer, cardio-vascular disease, type II diabetes. It promotes the excretion of cholesterol from the body.
- Vitamin D helps the organism to assimilate calcium and phosphorus, promoting strong bones and teeth.
- Vitamin A helps to improve the visual cycle and boosts the growth and development of many cells of the organism, including mucous membranes. This explains the powerful effect of the infusion of protecting the organism against infections.
- Vitamin E slows the aging of the cells, helps to maintain the normal level of haemoglobin, strengthen the walls of the capillaries, protect lymphocytes, red and white blood cells, leading to the organism's better supply of oxygen, and the body's general defences. It also promotes normal coagulation, functioning of the heart muscle, protects the neural tissue, and boosts the immune system. It helps maintain fertility.
- Vitamin B1 promotes normal secretion of the gastric acid and normal functioning of the nervous system, muscles, and the heart.
- Vitamin B2 helps to maintain the health of skin, mucous membranes, nails, and hair, and promotes the formation of antibodies in the organism.
- Vitamin B3 promotes the normal rejuvenation of the skin, tissues of the tongue and the digestive system, and boosts the healing of scar tissue.
- Vitamin B5 helps increase the resistance of the organism to stress and decrease the toxic effects of many antibiotics. It protects against premature aging and the formation of wrinkles.
- Vitamin B6 helps with the normal functioning of the central nervous system.

For more information, see the web page of the Institute for Health Development, toitumine.ee

DOSAGE

Strong infusion of chaga should be consumed about 40 ml once a day, preferably before breakfast. For a more powerful effect, the infusion may be consumed twice a day. It can be taken alone or mixed with other drinks. The course of treatment should be continued for at least a month. This way its effects will have time to work on the body. During the first weeks of usage, some people may have headaches or experience other kinds of rare symptoms due to the detoxifying effect of chaga.

