



DIMENSIÓN FUNGI · USAGE MANUAL

Chaga

How to take it depending on what you're after, at what time of day, and which habits to pair it with so it actually pays off.

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1 What Chaga is

Chaga (*Inonotus obliquus*) doesn't even look like a mushroom: it grows on the birches of northern cold forests as a black, cracked mass, much like burnt charcoal. In Siberia and northern Europe it has been drunk as tea for centuries, associated with **vigour and endurance**. That black exterior is largely melanin — a clue to what it's known for today.

Because if chaga has a calling card, it's its **antioxidant profile**: in laboratory comparisons it showed one of the highest activities among medicinal mushrooms, neutralising the free radicals that daily wear produces. Add to that its polysaccharides, the same protagonists as in the rest of this family.

We'll be direct, because we'd rather you hear it from us: **most of chaga's evidence comes from the laboratory and animal models** — human trials are still few. What this manual claims rests on that, and in each case we tell you exactly where it comes from.

2 How to take it

Our general recommendation is **1 to 2 capsules a day**. One is a good starting point if you've never taken it; two is the usual once you know how it sits with you and you want it as sustained accompaniment.

1 capsule a day

To start out, or as background accompaniment. Take it in the morning, with or without food.

2 capsules a day

When you want it as a fixed part of your well-being routine. Together in the morning, or spread across the day.

With food or without?

Either works. If you notice any heaviness — it happens to few people, but it happens — take it with breakfast and that settles it.

Why in the morning?

More out of habit than clockwork: chaga neither wakes you nor calms you, so technically any hour works. In its homeland it's sipped as tea through the day. Morning wins because it's when you forget least — and in a background companion, consistency is the mechanism.

For how long?

There's no timeframe drawn from human trials here, because there barely are any. The honest way to say it: think of it as a companion of **months**, inside a routine, and don't expect a change you can feel on specific dates.

About the amount: the laboratory and animal studies used extracts and doses that don't translate directly into capsules for people. The 1-to-2-a-day recommendation is meant for daily use that's sustainable over time.

3 Depending on your goal

Not everyone takes it for the same reason. Find your goal below: you'll get when to take it, what to expect and — above all — which habits to pair with it. The mushroom does one part; the rest is what you build around it.

1

Background antioxidant

«I want to add an antioxidant to my routine»

This is what chaga is famous for, and its most solid laboratory backing: among the medicinal mushrooms compared, it showed one of the highest antioxidant activities, and in human cells it reduced oxidative DNA damage. The honest translation: these are laboratory results — promising, but not the same as a human trial.

WHEN TO TAKE IT

In the morning, every day

HOW MUCH

1 to 2 capsules

Timeframe: No measurable timeframe to promise: it's a background addend. What is certain is that an antioxidant in a capsule doesn't make up for a diet without fruit and vegetables — that's where the bulk is.

HABITS THAT PAIR WITH IT

- Colourful fruit and vegetables every day: they're your main antioxidant source, not the capsule
- Cut back on ultra-processed food — little point adding antioxidants while the rest of the plate spends them
- Sunscreen daily: the sun is the oxidative stress that shows most over the years
- Don't smoke, or smoke less: it's the largest avoidable source of free radicals there is

Backing: Biological & Pharmaceutical Bulletin, 2004 · Mutation Research, 2005

Everyday vigour

«I want to feel like I have more in the tank through the day»

This is its traditional use in Siberia: the tea of those who endure the cold and the working day. Science has looked at it in animal models, where its polysaccharide increased time to exhaustion under effort. Mind the fine print: **that was measured in mice**, not in people — we tell it that way because that's how it is.

WHEN TO TAKE IT

In the morning

HOW MUCH

1 to 2 capsules

Timeframe: No date to promise. If what you want is energy backed by human trials, cordyceps is our specialist there; chaga accompanies from the background.

HABITS THAT PAIR WITH IT

- Actually sleep: no mushroom makes up for six hours, and the wear almost always starts there
- Move at least 20 minutes daily — spending energy is what produces it
- Eat at regular hours instead of going hungry and compensating at night
- Hydrate through the day: mid-afternoon fatigue is often thirst

Backing: International Journal of Biological Macromolecules, 2020

Immune support

«I want to support my defences in the background»

The most recent review gathers the anti-inflammatory and immunomodulating activities described for chaga — with the precision that most of it comes from the laboratory and animal models. If your number-one priority is immune support backed by human trials, our turkey tail, shiitake or reishi have more of them; chaga adds from its own flank.

WHEN TO TAKE IT

In the morning, every day

HOW MUCH

2 capsules, sustained

Timeframe: Like all background support: weeks to months of consistency, not a rescue for the day you wake up unwell.

HABITS THAT PAIR WITH IT

- Sleep 7 to 8 hours — the variable that weighs most on defences and the most neglected
- Eat vegetables of several colours across the week, not always the same ones
- Move daily, without living in a state of exhaustion
- Look after sustained stress: staying on alert all the time wears down exactly what you're trying to protect

Backing: Journal of Ethnopharmacology, 2024

4 How to combine it

Chaga gets along with the rest of our mushrooms, and since it neither wakes nor calms, it fits any hour. The simple rule: **what wakes you up goes in the morning, what calms you goes at night.**

With Cordyceps

For vigour seekers: cordyceps brings the clinically backed energy, chaga accompanies with its antioxidant background.

With Turkey Tail

Both in the morning: immune support on one side, an antioxidant profile on the other.

With Tremella

The skin duo: tremella for hydration, chaga on the antioxidant front — the wear that shows most over the years.

With Reishi

Chaga in the morning, reishi at night: two background classics split across the ends of the day.

5 Questions

What does an antioxidant do, in plain words?

As it runs, the body produces unstable molecules — free radicals — that wear cells down, like rust on metal. Antioxidants neutralise them. The wear rises with stress, sun, cigarettes and ultra-processed food; that's why habits matter more than any capsule.

Does it replace fruit and vegetables?

No, and distrust anyone who says it does. The bulk of your antioxidants should come from the plate; chaga is an addend on top of that base, not a substitute. If you don't eat fruit or vegetables today, start there — it's cheaper and better proven.

Why do they call it «the king of mushrooms»?

Marketing, mostly. Chaga has real tradition and a striking antioxidant profile in the lab, but it's also among the mushrooms with the fewest human trials. We like it, we sell it and we take it — and even so we'd rather tell you the evidence as it is, not as it sounds better.

How long until I feel something?

You probably won't «feel» anything specific, and it's honest to say so: its role is background, like sunscreen — you don't feel it, it adds up. If you want a noticeable effect in weeks, another of our mushrooms will serve you better; message us and we'll point you right.

Can I take it with coffee?

Yes, no problem. In fact in northern Europe chaga is brewed as a coffee alternative for its colour and body — though in a capsule that part of the ritual doesn't apply.

How long does a bottle last?

It depends on the presentation and on whether you take 1 or 2 a day. In [the Dimensión Fungi app](https://guias.dimensionfungi.com.co/en/app/) (guias.dimensionfungi.com.co/en/app/) you can log your routine and it warns you when the bottle is running low, so you don't run out midway.

Does it need cycles or breaks?

No. Unlike our microdoses, chaga can be taken continuously, with no scheduled pauses.

Can I take it alongside other mushrooms?

Yes, that's the most common thing. See the combinations section: the idea is to spread them across the day, not to stack them all into the same dose.

Is there anyone who shouldn't take it?

Chaga is naturally high in oxalates, so if you've had **kidney stones** or a kidney condition, check with your doctor first. Same if you take anticoagulants or blood sugar medication. Not an alarm: it's the fine print almost nobody tells, and we prefer to tell it.

6 The studies behind this manual

Everything this manual says comes from these papers. Each one has its own page with what it measured and what it found — including whether it was done in people, animals or cells, which in chaga's case is the fine print that matters most — and from there you can go to the original article.

Chaga: revisión de sus propiedades y del estado de la evidencia

Revisión que recopila las actividades descritas para el chaga — antiinflamatoria, antioxidante y otras— y los compuestos responsables, precisando que la mayoría de la evidencia proviene de laboratorio y modelos animales, con ensayos clínicos aún limitados.

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Polisacárido de chaga y resistencia física en modelo animal

Estudio en ratones donde el polisacárido de chaga (50 mg/kg) aumentó el tiempo de escalada y de nado y redujo el tiempo de inmovilidad, junto con el análisis de su estructura molecular.

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Chaga y daño oxidativo del ADN en linfocitos humanos

Estudio de laboratorio sobre linfocitos humanos expuestos a estrés oxidativo. El extracto de chaga redujo el daño en el ADN medido con el ensayo cometa.

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Actividad antioxidante del chaga en laboratorio

En laboratorio, los extractos de chaga mostraron una de las actividades antioxidantes más altas entre los hongos medicinales comparados, neutralizando radicales superóxido e hidroxilo.

guias.dimensionfungi.com.co/estudios/chaga-antioxidante/

Still have questions?

Message us and we'll help you choose based on what you're after.

WhatsApp +57 324 440 0734

Read it in full at

guias.dimensionfungi.com.co/en/manual-chaga/

This manual is informational material about a wellness product. It does not replace guidance from a health professional.