



DIMENSIÓN FUNGI · USAGE MANUAL

Reishi

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 Reishi is

Reishi (*Ganoderma lucidum*) is probably the mushroom with the most history of them all: in Asia it was called «the mushroom of immortality» and reserved for emperors. Strip away the myth and what remains is a mushroom people take mostly for **the end of the day**: calm, rest, and a background sense of doing better.

What sets it apart are its **triterpenes** — responsible for its famously bitter taste — along with its beta-glucans. And it has something few on this list have: a **recent meta-analysis of 17 clinical trials** in nearly a thousand people, which lets us talk about it with both feet on the ground.

Careful with what you expect from it: **it is not a sleeping pill**. It doesn't knock you out or make you drowsy in half an hour. What people describe is that **switching off costs less** — reaching the night without the day still on your shoulders, and waking with the sense of having actually rested.

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're after a sustained effect.

1 capsule a day

To start out, or if your goal is calm and rest. Take it at night, with dinner.

2 capsules a day

When you also want the background immune support. One in the morning and one at night, or both at night.

With food or without?

Better with food. In a capsule you won't taste its famous bitterness, but it sits better on the stomach with a meal, and taking it with dinner makes it part of the ritual of closing the day — which is half the habit.

Why at night?

Because its character goes with the end of the day, not the start. It's not a sedative, but it's not one of the wakeful ones either: it accompanies the moment of letting go. If you take it for immune support you can spread it across any hour — there, consistency matters more than the clock.

For how long?

The studies that looked at it worked mostly with **6 to 8 weeks**. As a practical benchmark, give it that stretch before drawing conclusions. It needs no breaks or cycles: it can be taken continuously.

About the amount: each piece of research used its own preparation and dose — from concentrated extracts to several grams of the mushroom — so they aren't directly comparable to each other or to our capsules. 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, and the best time of day depends on what you're after. Find yours 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

Calm at the end of the day

«I want to reach the night without the day on my shoulders»

This is why most people look for it. The study that speaks best to this case was done in people with what was then called neurasthenia — sustained tiredness, irritability, trouble disconnecting. After eight weeks, half of the active group rated themselves improved, against a quarter of the placebo group.

WHEN TO TAKE IT

At night, with dinner

HOW MUCH

1 to 2 capsules

Timeframe: Eight weeks. As with everything on this list, there's no before and after on the first night: what people describe is built with consistency.

HABITS THAT PAIR WITH IT

- A fixed hour to close the day: the body learns more from the schedule than from intentions
- Screens out for the last hour — the mind doesn't let go of what it keeps looking at
- Caffeine only until midday: if you arrive at the night wired, check that first
- A short ritual before bed (tea, reading, stretching): a clear signal to the body that the day is over

Backing: Journal of Medicinal Food, 2005

Tired but wired

«I want out of that fatigue that rest doesn't fix»

Different from the previous one: here the complaint isn't being unable to switch off, but being exhausted *and still* tense. That's exactly the population of the reference study, where general well-being improved along with the fatigue. If your tiredness comes from short sleep, start there: no mushroom makes up for six hours.

WHEN TO TAKE IT

At night; if you take 2, split morning and night

HOW MUCH

1 to 2 capsules

Timeframe: Eight weeks of continuous use. If you notice no difference by then, this wasn't your case — and that's worth knowing too.

HABITS THAT PAIR WITH IT

- Sleep 7 to 8 hours before anything else: fatigue almost always starts there
- Move at least 20 minutes a day — hard to believe when you're drained, but spending energy is what produces it
- Check what's actually draining you: sometimes the fatigue is the schedule, not the body
- Eat at regular hours instead of skipping meals and compensating at night

Backing: Journal of Medicinal Food, 2005

Immune support

«I want to support my defences in the background»

This is where reishi has its most recent and finest measurement: in healthy adults, a reishi beta-glucan raised T lymphocytes, NK cells and IgA against placebo. In plain words: more activity in the cells that patrol the body. It's background support, not something for the day you wake up unwell.

WHEN TO TAKE IT

At any hour, every day

HOW MUCH

2 capsules, sustained

Timeframe: The study measured after weeks of continuous use. Here consistency is literally the mechanism: it's daily accompaniment, not a rescue.

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: excess takes its toll too
- Look after sustained stress — staying on alert all the time wears down exactly what you're trying to protect

Backing: Journal of Fungi, 2023

4

Background well-being

«I want a long-term companion, not a one-off effect»

For anyone taking it as part of looking after themselves, with no specific symptom to chase. The meta-analysis of 17 trials found modest but measurable effects — body mass index, heart rate — and it was just as clear about what did *not* change: neither blood pressure nor lipid profile. We'd rather tell you both halves.

WHEN TO TAKE IT

At night, continuously

HOW MUCH

1 to 2 capsules

Timeframe: This is the most background case of all: think in months, not weeks, and as one addend inside a routine — never as the protagonist.

HABITS THAT PAIR WITH IT

- A stable sleep routine: it's the multiplier of everything else
- Real food most days — the mushroom adds, it doesn't compensate
- Move daily, even if it's just walking
- Regular medical check-ups: a supplement accompanies care, it doesn't replace it

Backing: Food Science & Nutrition, 2025 · Nutrients, 2020

4 How to combine it

Reishi gets along with the rest of our mushrooms, and its natural place is the night — so it almost never competes with anyone. The simple rule: **what wakes you up goes in the morning, what**

calms you goes at night.

With Lion's Mane

The most requested pair: lion's mane in the morning for a clear head, reishi at night to let the day go.

With Ashwagandha

Both at night. The classic combination for anyone who has been sleeping badly or carrying stress for a while.

With Cordyceps

Cordyceps in the morning, reishi at night. For anyone low on energy by day who struggles to switch off at night.

With Turkey Tail

If your goal is immune support, they go well together: turkey tail in the morning, reishi at night.

5 Questions

Will it make me sleepy?

Not immediately, and that's the most common mix-up. Reishi is not a sedative: it doesn't knock you out or bring drowsiness in half an hour. What people describe over the weeks is that switching off costs less and rest pays more. If you want something to put you to sleep tonight, this isn't it.

Can I take it during the day?

Yes, no problem — it shouldn't make you drowsy. We recommend the night because its character suits the close of the day, but if you take it for immune support, the hour matters less than the consistency.

How long until I feel something?

The studies worked mostly with 6 to 8 weeks. As a practical rule, give it 8 straight weeks before deciding whether it works for you. Anyone expecting to notice it on the first night usually concludes it doesn't work.

Is it true that it's very bitter?

The mushroom is — its triterpenes are among the most bitter things out there, which is why reishi tea has the reputation it has. In a capsule you won't taste it: that's one of the practical reasons to take it this way.

Can I take it with coffee?

Yes, they don't compete. But if calm and rest are your goal, look at how much caffeine you drink and until what hour: there's no point rowing at night against what you drank in the afternoon.

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** (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, reishi 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.

Can I take it if I'm on medication?

If you take anticoagulants, blood pressure or blood sugar medication, or you're in a delicate treatment, check first with whoever prescribed it. This isn't boilerplate: reishi is one of the mushrooms with the longest tradition of use alongside treatments, and that's exactly why it's worth coordinating.

6 The studies behind this manual

Everything this manual says about timing and windows comes from these papers. Each one has its own page with what it measured, in how many people and what it found — including which population it was studied in, which isn't always the same as the one taking it — and from there you can go to the original article.

FOOD SCIENCE & NUTRITION · 2025

Revisión de 17 ensayos clínicos de reishi en humanos

Metaanálisis de 17 ensayos clínicos con 971 participantes. El reishi redujo de forma significativa el índice de masa corporal, la creatinina, la glutatión peroxidasa y la frecuencia cardiaca; no modificó presión arterial ni perfil lipídico.

guias.dimensionfungi.com.co/estudios/reishi-metaanalisis-2025/

JOURNAL OF FUNGI · 2023

Betaglucano de reishi y células inmunes en adultos sanos

En adultos sanos de 18 a 55 años, un betaglucano de reishi aumentó de forma significativa los linfocitos T (CD3+, CD4+, CD8+), la relación CD4/CD8, las células NK y la IgA en suero frente al placebo.

guias.dimensionfungi.com.co/estudios/reishi-betaglucano-inmune/

Reishi, ánimo y calidad de vida en mujeres con fibromialgia

En mujeres con fibromialgia, 6 g diarios de reishi micronizado durante 6 semanas mostraron una tendencia hacia mayor felicidad y menor puntaje de depresión frente al placebo, sin alcanzar diferencias concluyentes.

guias.dimensionfungi.com.co/estudios/reishi-pazzi-2020/

Reishi, shiitake y maitake juntos sobre macrófagos humanos

Estudio in vitro que midió el contenido de betaglucanos de preparaciones comerciales de reishi, shiitake y maitake, y evaluó si sus extractos —solos y combinados— modifican la expresión de citoquinas en macrófagos humanos.

guias.dimensionfungi.com.co/estudios/maitake-formula-macrofagos/

Extracto de reishi y sensación de fatiga en neurastenia

En 132 personas con neurastenia, 5,4 g diarios de extracto de reishi durante 8 semanas mejoraron la fatiga y el bienestar frente al placebo: 51,6% se calificó como mejorado, contra 24,6% en el grupo placebo ($p = 0,002$).

guias.dimensionfungi.com.co/estudios/reishi-tang-2005/

Still have questions?

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

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Read it in full at

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

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