

Learn About Our Natural Ingredients

Reishi Ganoderma Lucidum - “Mushroom of Immortality”



Lucidia is named after one of the primary ingredients, Reishi Ganoderma Lucidum. This mushroom has been used traditionally in Asia for thousands of years for longevity, mind-centerdness, and immune building. Reishi’s tremendous immune-enhancing and physiological-regulating potency without negative side effects has gained much attention in western medicine. In recent scientific research, Reishi has been shown to:

- **Reduce allergy symptoms**
- **Exhibit natural antihistamine actions**
- **Exhibit anti-inflammatory effects**
- **Be an effective anti-viral remedy**
- **Reduce stress and anxiety**
- **Build endurance**
- **Reduce frequency of colds and flus**
- **Reduce frequency and severity of asthma attacks**

The Reishi in Lucidia is the highest quality and organically grown by experienced growers. It is grown as in the wild, on wood, unlike most other reishi on the market which are grown on newspaper, sawdust, or rice.

Now you can feel good about getting allergy relief!

Stinging Nettles

Stinging nettles reduce allergy symptoms such as nasal congestion, sneezing, itching, and watery eyes. Nettles minimize allergy discomfort by supplying compounds that inhibit the release of histamine, the inflammatory substance triggered by allergens.



The stinging nettles in Lucidia have been freeze-dried to preserve the potency of the active constituents in the plant's leaves. Stinging nettles is one of nature's best nutraceuticals, containing vitamins A, C, D, and B complex, protein, calcium, phosphorus, iron, magnesium, and beta-carotene, all in a form that is easy for the body to use.

Quercetin



Quercetin is one of the most powerful antioxidant flavonoids around. Its functions include:

- **Fight free radicals damage**
- **Maintain proper blood flow throughout the body**
- **Suppress inflammation due to allergic reactions**
- **Prevent allergic reactions as well as stop those already underway**

Quercetin is typically used together with bromelain (ingredient listed below)

Natural Ingredients::Lucidia Natural Allergy Relief by Artemis Therapeutics. Extraordinary by Nature.

where they have a synergistic effect in suppressing inflammation of allergic reactions. The presence of bromelain also helps to make quercetin more readily absorbed in the body.

Bromelain

Bromelain is an extract from the stems of pineapples that has an anti-inflammatory effect. It is often used in conjunction with quercetin, as they are synergistic in suppressing the inflammation of allergic reactions.

N-acetyl cysteine



N-acetyl cysteine (NAC) is naturally produced within the body. It is a derivative of the amino acid L-cysteine, and a precursor in the formation of the antioxidant glutathione, one of the body's most important natural antioxidants and detoxifiers.

Functions of N-acetyl cysteine include:

- **Promotes liver detoxification**
 - **Proficient free radical scavenger**
 - **Breaks up mucus into smaller, less viscous units**
 - **Acts as an expectorant by clearing mucus from the airways**
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