

Bio-God Question & Answer

Q1: What kind of mushroom is Tamogi-take ?

A1: Tamogi-Take is an edible mushroom which belongs to the Hira-take family, and grows on fallen trees, standing trees, and elm stump, on the Taimyr peninsula in northern Siberia and in the eastern and northern part of Hokkaido. It is characterized by a circular fruiting body of lemon color, and has been called a "phantom mushroom" because it only grows in summer and is difficult to cultivate artificially. Tamogi-take is one of the healthiest and most physiologically functional foods. It tastes good and contains high concentrations of amino acids and oligosaccharides, especially (1→3)-β-D-glucan.

Q2: What is a especially (1→3)-β-D-glucan ?

A2: Glucan is one of many polysaccharides, which are polymers of glucose, and glucose is our primary source of energy. Especially (1→3)-β-D-glucan characterized by the binding structure of glucose and is known as a compound which is physiologically highly active. Bio-God contains twice as much especially (1→3)-β-D-glucan as the *Agaricus* mushroom.

Q3: How do amino acids work in our body ?

A3: Proteins, which are the most important building blocks of our body, are made up of many kinds of amino acids. Twenty kinds of amino acids are essential for keeping the living human body whole and fully functional. Eleven of them are synthesized by our body, but the other nine have to be brought in from outside, in the form of food. Amino acids are essential not only for the synthesis of proteins, but they also help maintain a constant supply of energy to the human body.

The nutrient composition in Bio-God

(in 1 bag)

energy	3 kcal	phosphorus	42.6 mg
protein	0.88 g	iron	0.65 mg
lipids	0.08 g	calcium	2.8 mg
carbohydrates	0.48 g	sodium	5.7 mg
Vitamin B1	0.03 mg	potassium	138.4 mg
Vitamin B2	0.18 mg	magnesium	6.24 mg
Vitamin B6	44 μg	copper	56.8 μg
folic acid	23 μg	zinc	184 μg
pantothenic acid	0.30 mg	manganese	26 μg
niacin	6.0 mg	ash	0.32 g

Japan Food
Research Laboratory

Directions for drinking

Bio-God

For normal drinking:

Although there are no special indications as to the quantity of Bio-God which you can drink safely, it is recommended that you drink one bag of Bio-God a day.

It is recommended that you drink Bio-God after shaking the bag well, because the nutrients may be dispersed heterogeneously.

For persons who experience difficulties in drinking Bio-God:

It might be easier for some persons to drink Bio-God after it has been cooled in a refrigerator. It might be easier for other persons to drink Bio-God after it has been warmed up a little.

Warming Bio-God can release pleasant aromas.

Other drinking methods:

You can enhance your enjoyment of Bio-God by mixing it with honey or *Haskap* extract[1].

You can also enjoy Bio-God as a tasty meal by adding it to miso- soup or any other kind of soup.

Bio-God™

condensed extract from the
Golden Oyster (Tamogi-take) mushroom



Award from Minister of Agriculture, Japan
Award of Excellent Company
from Food Industries Association, Japan
Approved by AVA Singapore
AVA (Agri-Food & Veterinary Authority)

ISO9001 Licence / JQA-QM9834

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Making natural use of the great power found in TAMOGI-TAKE, the “phantom mushroom”.



(1→3)-β-D-Glucan

The content of (1→3)-β-D-glucan
112 mg per 80 ml of extract

twice the amount found
in *Agaricus campestris*

amino acids

... synthesize proteins
part of the building blocks
of the living organism

minerals

a stable source of energy,
essential for daily activity

Making Natural Use of the Gift from Mother Nature: 100% Pure Natural Extract

Tamogi-take has not been popular as a food of high nutritional value, because it is one of the “phantom mushrooms” which grow in a limited area and season. However, we have succeeded in cultivating it artificially and preparing a 100% pure extract from it. Presently, we are supplying 90% of all the Tamogi-Take leaving Hokkaido for other parts of the country and the world.

Natural components in a balanced ratio

Tamogi-take contains β-1,3-glucan in high concentrations, 20 kinds of amino acids, and minerals essential for the living body, all in perfect balance. We are shipping Tamogi-take all over the country under a system of rigorous quality control: we cultivate and harvest it, and then extract Bio-God under excellent conditions.

- License: ISO9001 (international license for quality –management)
- A four-star factory authorized by the Hokkaido Government on the basis of the HACCP health maintenance and safety guidelines.

The Safety and Reliability of Tamogi-take as Food

Foods and dietary customs are strongly related to health in our lives. With great reliability, we now bring to you the Tamogi-take mushroom, a food fit for serving in schools and hospitals. We sincerely hope that our enterprise will contribute to the promotion of your health.

A liquid which is easy to drink and is highly absorbable

We produce 100% pure Tamogi-take extract by a special method, which keeps the β-1,3-glucan and other natural nutrients intact even at high temperatures. The extract contains no additives. It is also a liquid which is easy to drink and which the body can absorb effortlessly.