



## LION'S MANE, REISHI, SHIITAKE, CORDYCEPS & MAITAKE



Mushroom



Immune System

### Shiitake

The shiitake mushroom, also known as *Lentinus edodes*, is derived from the mushroom associated with the shii tree. *Lentinula edodes* is the second most popular edible mushroom in the global market. (1)

Two of the most promising and effective principles isolated are lentinan and L. Edodes Mycelial culture (LEM). (2) Here are a few of the benefits that Lentinan and LEM provide:

✓ Source of /Provides antioxidants

✓ Used in Herbal Medicine to support the immune system

### Maitake

Maitake, also known as *Grifola frondosa*, is another major medical mushroom with numerous medicinal properties and whose primary bioactive metabolite is the D-fraction or GFP, a  $\beta$ -glucan proteoglycan compound.

Maitake has been extensively studied in the past 30 years, revealing numerous medicinal properties that could provide remarkable health and other physiological benefits as listed (4)

✓ Used in Herbal Medicine to support the immune system

✓ Source of fungal polysaccharides

### Reishi

Reishi is a basidiomycete, lamella less fungus belonging to the family of Polyporaceae. In nature, it grows in densely wooded mountains of high humidity and dim lighting. It is rarely found since it flourishes mainly on the dried trunks of dead plum, quercus serrata, or pasonia trees. (5)

Reishi mushrooms are primarily composed of complex carbohydrates called polysaccharides, triterpenoids, proteins, and amino acids. Reishi mushrooms provide significant health benefits to our body, as listed below:

✓ Other Herbal Medicine claims/TCM claims

✓ Source of antioxidants/fungal polysaccharides

✓ Herbal Medicine Immune Support claim

### Cordyceps

Cordyceps is a medicinal mushroom that produces a vast diversity of bioactive compounds such as polysaccharides, proteoglycans, terpenoids, phenolic compounds, steroids, and lectins.

Cordyceps is a highly valued fungus in this regard which thrives at altitudes above 3,800 meters above mean sea level, in the cold, grassy, alpine meadows on the mountainous Himalayan plateau. Because of the difficulties involved in harvesting, it has been expensively priced. Despite its cost and rarity, the unprecedented medicinal applications of Cordyceps have made it a highly valued staple component of traditional Chinese and Tibetan medicine. (8) The bio-active compounds of this fungus contain cordycepin, cordymin, ergosterol, glycoproteins, and polysaccharides, Aside from that, Cordyceps provide other health benefits as listed below:

✓ Source of fungal polysaccharides

✓ Source of fungal polysaccharides with immunomodulating properties

✓ Used in Traditional Chinese Medicine (TCM) to help tonify and replenish the lungs and kidneys, and resolve phlegm

### Lion's Mane

Mushrooms are generally a good source of nutrients and health-promoting compounds. 1-3 More than 2000 species of edible and medicinal mushrooms have been identified. Among these, the culinary and medicinal *Hericium erinaceus*, also known as Lion's Mane:

✓ Source of /Provides antioxidants

✓ Source of fungal polysaccharides





## Recommended Dose:

Adults 18 years and older: 1 Capsule per day.  
Take with food/meal to avoid digestive upset..

## Recommended Use:

Source of antioxidants that help protect cells against the oxidative damage caused by free radicals. Source of fungal polysaccharides with immunomodulating properties. Used in herbal medicine as a liver tonic. Use in Herbal Medicine as an adaptogen to help increase energy resistance to stress and support the immune system. Used in Traditional Chinese Medicine (TCM) to dispel phlegm stop cough and arrest wheezing. Used in TCM to nourish the heart and strengthen qi and blood to treat heart and spleen deficiencies that manifest in insomnia, forgetfulness, fatigue, listlessness and poor appetite. Used in TCM to strengthen the body and tonify qi.

Medicinal Ingredients	
Serving Size: 1 Capsule	
Amount per serving / Quantité par portion	
Lentinula edodes (Shiitake, Lentinula edodes - Mycelia) - (25 : 1, 2750 mg)	110 mg
Grifola frondosa (Maitake, Grifola frondosa - Mycelia) - (25 : 1, 3250 mg)	130 mg
Ganoderma lucidum (Reishi, Ganoderma lucidum - Mycelia) - (25 : 1, 2750 mg)	110 mg
Ophiocordyceps sinensis (Cordyceps, Ophiocordyceps sinensis - Mycelia) - (25 : 1, 1250 mg)	50 mg
Hericium erinaceus (Lion's Mane, Hericium erinaceus - Stroma) - (25 : 1, 1000 mg)	40 mg

Non-Medicinal Ingredients: Hypromellose.

**Known adverse reactions:** Stop use if hypersensitivity/allergy occurs.

**Recommended storage conditions:** Store in a cool dry place. Keep out of reach of children.

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Ulbricht, Catherine & Weisner, Wendy & Basch, Ethan & Giese, Nicole & Hammerness, Paul & Rusie-Seamon, Erica & Varghese, Minney & Woods, Jen. (2009). Maitake mushroom (Grifola frondosa): Systematic review by the natural standard research collaboration. Journal of the Society for Integrative Oncology. 7. 66-72. 10.2310/7200.2009.0007.

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SHARMA N, SHARMA V. HEALTH BENEFITS OF Cordyceps militaris: OVERVIEW. PCBMB [Internet]. 22Jul.2020 [cited 25Oct.2021];21(15-16):217-23. Available from: <https://www.ikppress.org/index.php/PCBMB/article/view/5188>

Das S, Masuda M, Sakurai A, Sakakibara M. Medicinal uses of the mushroom Cordyceps militaris: Current state and prospects. Fitoterapia. 2010;81(8):961-968.

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## Cautions & warnings:

Consult a healthcare practitioner prior to use if you have diabetes, if you are pregnant or breastfeeding and if you are taking blood thinners. For claims related to reductions of symptoms: Consult a health care practitioner if symptoms persist or worsen.



**60**  
Capsules  
NPN 80101933

