

# Ganoderma & Shiitake

Mushrooms to Help Maintain & Support Healthy Immune Function\*

Ganoderma & Shiitake contains Ganoderma (Reishi) and Shiitake mushrooms, which combined can help to:

- ✓ Support healthy immune function
- ✓ Support the body's health as Reishi has been used traditionally as a tonic
- ✓ Support vitality
- ✓ Assist in the maintenance of general health and well-being\*

MediHerb® Ganoderma & Shiitake contains a combination of *Ganoderma lucidum* (reishi) and *Lentinula edodes* (shiitake). Reishi and shiitake contain active polysaccharide components, known as β-glucans,<sup>1</sup> which possess immune-activating properties. Traditionally, these mushrooms have been used as a tonic: a substance that improves tone, vigor and function of the whole body.<sup>1</sup> As such, a combination of these mushrooms may help to support vitality, health and well-being, as well as maintain and support healthy immune function.\*

## Traditional Use of Mushrooms

Reishi is regarded as the “mushroom of immortality” and forms part of many legends in Chinese history linking it to longevity. Chinese monks used ganoderma to promote a centered calmness and to improve meditation practices. In Japanese culture, reishi was hung in the hallways of Japanese homes as a symbol to ward off evil.<sup>2-6</sup>

The shiitake mushroom has been used in China and Japan as a food and traditional remedy for thousands of years.<sup>7</sup> The emperors of China are said to have eaten the mushroom in great quantities to slow the onset of old age.<sup>8</sup> Used traditionally, reishi and shiitake mushroom are useful to support and maintain healthy immune function, support vitality through their tonic actions, and assist in the maintenance of general health and well-being.



M1860 60 Tablets

### Suggested Use:

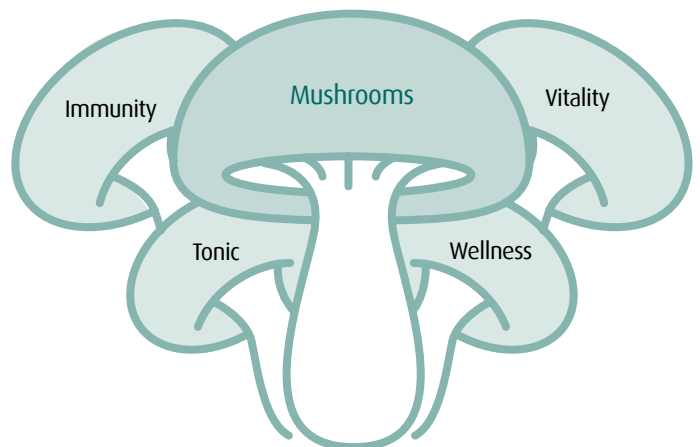
1 tablet 2 – 3 times daily, or as directed.

Supplement Facts			
Serving size:	1 Tablet		
Servings per container:	60		
	Amount per Serving	%DV	
Calcium	87 mg	6%	
Shiitake mushroom 4:1 extract from <i>Lentinula edodes</i> 800 mg	200 mg	†	
Reishi mushroom 66:1 extract from <i>Ganoderma lucidum</i> 6.6 g	100 mg	†	
† Daily Value (DV) not established.			

**Other Ingredients:** Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

**Caution:** Contraindicated in known cases of allergy to Shiitake. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Figure 1. How Mushrooms Support Health.



## How Ganoderma & Shiitake Supports Your Health:



### Supports Healthy Immune Function\*

The polysaccharides present in both **reishi** and **shiitake** mushrooms help to support healthy immune function. In particular, the  $\beta$ -glucans present in reishi may induce a biological response that supports immune function.<sup>9</sup> This was demonstrated in an uncontrolled trial where ganoderma supported healthy immune function in elderly volunteers.<sup>10</sup>

Lentinan, a polysaccharide in shiitake appears to help support the systemic immune function through stimulation of T cells, especially helper T cells,<sup>11</sup> demonstrating its traditional use for the immune system.\*



### Supports Vitality\*

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. The tonic action of ganoderma is used by natural clinicians to replenish the body's vital reserves long-term, support the constitution and aid the body's natural regeneration and repair functions.<sup>2-5</sup> Both reishi and shiitake mushrooms are considered tonics.\*



### Tonic Herbal Support\*

Ganoderma is listed as the most respected of the superior tonics in an ancient text used in the Chinese herbal system. Superior tonics are among the most highly regarded of all remedies by Chinese herbalists as they are considered to support good health, longevity and make the body flexible. Ganoderma is said to cultivate virtue. Shiitake is also regarded as a tonic in Japan, China and Korea.<sup>7,8,12\*</sup>



## MediHerb Quality Choice

### Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

### Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

## References

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- <sup>2</sup> Chang HM, But PP (eds). *Pharmacology and Applications of Chinese Materia Medica*. World Scientific, Singapore, 1987.
- <sup>3</sup> Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004.
- <sup>4</sup> Chen JJ, Shih NL. *Acta Cardiol Sin* 2002; **18**: 113-114 4 American Herbal Pharmacopoeia. Reishi Mushroom – Ganoderma lucidum: Standards of Analysis, Quality Control, and Therapeutics.
- <sup>5</sup> *American Herbal Pharmacopoeia*, Santa Cruz, September 2000.
- <sup>6</sup> McKenna DJ, Jones K, Hughes K et al. *Botanical Medicines: The Desk Reference for Major Herbal Supplements*, 2nd Edn. New York, Haworth Herbal Press, 2002.
- <sup>7</sup> Hobbs C. *Medicinal Mushrooms: An Exploration of Tradition, Healing & Culture*, 2nd Edn. Botanica Press, Santa Cruz, 1986.
- <sup>8</sup> Jones K. *Shiitake: The Healing Mushroom*. Healing Arts Press, Vermont, 1995.
- <sup>9</sup> Gao Y et al. *Food Rev Int* 2004; **20**: 123 1
- <sup>10</sup> McKenna DJ, Jones K, Hughes K et al. *Botanical Medicines: The Desk Reference for Major Herbal Supplements*, 2nd Edn. New York, Haworth Herbal Press, 2002.
- <sup>11</sup> Jong SC, Birmingham JM. *Adv Appl Microbiol* 1993.
- <sup>12</sup> Kim H, Song MJ, Potter D. *J Ethnopharmacol* 2006; **104**(1-2): 32-46.



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