



# Maitake Mushroom

## What Is It?

Maitake mushroom is a large mushroom native to Japan. Legend describes maitake, or *Grifola frondosa*, as the dancing mushroom, referring to the joyous reaction it brought to those who discovered the rare and advantageous find. Maitake mushroom extract has been used historically as an adaptogen and has the potential to support healthy glucose and lipid metabolism and immune function.\*

## Uses For Maitake Mushroom

**Support For The Immune System:** Maitake mushroom extract contains the polysaccharide beta-d-glucan, a unique compound believed to provide powerful support for a healthy defense system. It has the potential to activate immune modulators such as macrophages and cytokines, promoting important immune system activity.\*

**Support For Lipid Metabolism:** Maitake has been shown to promote healthy lipid metabolism in the liver.\*

**Support For Glucose Metabolism:** Studies also suggest that maitake may contain substances that promote healthy glucose function.\*

## What Is The Source?

Pure Encapsulations Maitake Mushroom extract is a 4:1 whole plant body extract.

## Recommendations

Pure Encapsulations recommends 2-6 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

## References

1. Kubo K, Nanba H. The effect of maitake mushrooms on liver and serum lipids. *Altern Ther Health Med* 1996 Sep;2(5):62-6.
2. Kabir Y, Yamaguchi M, Kimura S. Effect of shiitake (*Lentinus edodes*) and maitake (*Grifola frondosa*) mushrooms on blood pressure and plasma lipids of spontaneously hypertensive rats. *J Nutr Sci Vitaminol (Tokyo)* 1987 Oct;33(5):341-6.
3. Kurashige S, Akuzawa Y, Endo F. Effects of *Lentinus edodes*, *Grifola frondosa* and *Pleurotus ostreatus* administration on cancer outbreak, and activities of macrophages and lymphocytes in mice treated with a carcinogen, N-butyl-N-butanolnitrosoamine. *Immunopharmacol Immunotoxicol* 1997 May;19(2):175-83.
4. Kubo K, Nanba H. Anti-hyperliposis effect of maitake fruit body (*Grifola frondosa*). *Biol Pharm Bull* 1997 Jul;20(7):781-5.
5. Kubo K, Aoki H, Nanba H. Anti-diabetic activity present in the fruit body of *Grifola frondosa* (Maitake). *Biol Pharm Bull* 1994 Aug;17(8):1106-10.
6. Horio H, Ohtsuru M. Maitake (*Grifola frondosa*) improve glucose tolerance of experimental diabetic rats. *J Nutr Sci Vitaminol (Tokyo)* 2001 Feb;47(1):57-63
7. Fukushima M, Ohashi T, Fujiwara Y, Sonoyama K, Nakano M. Cholesterol-lowering effects of maitake (*Grifola frondosa*) fiber, shiitake (*Lentinus edodes*) fiber, and enokitake (*Flammulina velutipes*) fiber in rats. *Exp Biol Med (Maywood)* 2001 Sep;226(8):758-65.
8. Healthnotes Clinical Essentials. Copyright 2003. Healthnotes, Inc.

### Maitake Mushroom extract

each vegetable capsule contains



maitake mushroom (*Grifola frondosa*) (4:1) extract ..... 500 mg.  
2-6 capsules per day, in divided doses, with meals.