



Reishi Mushroom

What Is It?

For over 4,000 years, the Chinese have benefited from the traditional use of reishi mushroom, or *Ganoderma lucidum*. The major active ingredients of reishi include polysaccharides, triterpenes, ergosterols and mannitol.*

Uses For Reishi Mushroom

Support For Optimal Immune Cell Responses: Reishi polysaccharides and terpenes have shown to be important for maintaining healthy cells in the body. They do this by promoting optimal immune cell responses and proper enzyme activity in cells, including liver cells. The additional compounds further support immune function.*

What Is The Source?

Pure Encapsulations Reishi Mushroom extract is a whole plant body extract and is standardized to contain 10% polysaccharides and 4% triterpenes.

Recommendations

Pure Encapsulations recommends 2-3 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Rare side effects may include dizziness; dry mouth, throat and nasal passages; and gastrointestinal discomfort.

Are There Any Potential Drug Interactions?

Reishi mushroom extract has the potential to affect platelet function and therefore individuals taking warfarin, heparin or other blood thinning medications should consult their physician.

References

1. Wang SY, et al. The anti-tumor effect of *Ganoderma lucidum* is mediated by cytokines released from activated macrophages and T lymphocytes. *Int J Cancer* 1997 Mar 17;70(6):699-705.
2. Lee S, Park S, Oh JW, Yang C. Natural inhibitors for protein prenyltransferase. *Planta Med* 1998 May;64(4):303-8.
3. Li Khva Ren et al. Anti-atherosclerotic properties of higher mushrooms (a clinico-experimental investigation). *Vopr Pitan* 1989 Jan-Feb;(1):16-9.
4. Lee JM, Kwon H, Jeong H, Lee JW, Lee SY, Baek SJ, Surh YJ. Inhibition of lipid peroxidation and oxidative DNA damage by *Ganoderma lucidum*. *Phytother Res* 2001 May;15(3):245-9.
5. Koyama K, Imaizumi T, Akiba M, Kinoshita K, Takahashi K, Suzuki A, Yano S, Horie S, Watanabe K, Naoi Y. Antinociceptive components of *Ganoderma lucidum*. *Planta Med* 1997 Jun;63(3):224-7.
6. Park EJ, Ko G, Kim J, Sohn DH. Antifibrotic effects of a polysaccharide extracted from *Ganoderma lucidum*, glycyrrhizin, and pentoxifylline in rats with cirrhosis induced by biliary obstruction. *Biol Pharm Bull* 1997 Apr;20(4):417-20.
7. Lin JM, Lin CC, Chiu HF, Yang JJ, Lee SG. Evaluation of the anti-inflammatory and liver-protective effects of *anoectochilus formosanus*, *ganoderma lucidum* and *gynostemma pentaphyllum* in rats. *Am J Chin Med* 1993;21(1):59-69.
8. Kim KC, Kim IG. *Ganoderma lucidum* extract protects DNA from strand breakage caused by hydroxyl radical and UV irradiation. *Int J Mol Med* 1999 Sep;4(3):273-7.
9. Healthnotes Clinical Essentials. Copyright 2004. Healthnotes, Inc.

Reishi Mushroom extract

each vegetable capsule contains



reishi mushroom (*Ganoderma lucidum*) extract 500 mg.
(standardized to contain 10% polysaccharides and 4% triterpenes)

2-3 capsules per day, in divided doses, with meals.