



Shiitake Mushroom

What Is It?

Shiitake mushroom, or *Lentinus edodes*, is now the most widely cultivated mushroom in the world. It is rich in proteins, vitamins and minerals. It is also a concentrated source of polysaccharides, peptidomannan, and lignin derivatives, factors that provide high-capacity immunomodulating support.*

Uses For Shiitake Mushroom

Support For The Immune System: Lentinan, a polysaccharide, is one of the most prized constituents of shiitake. It helps enhance the body's natural defense system and provides a healthy environment for cells.*

Support For Liver Health: Lentinan has been shown to support healthy liver cell function.*

Support For Cardiovascular Health: Shiitake has the ability to promote healthy enzyme activity in the heart, positively influencing cardiovascular function. In addition, shiitake has demonstrated the ability to support healthy lipid metabolism.*

What Is The Source?

Pure Encapsulations Shiitake Mushroom extract is a whole plant body extract and is standardized to contain 6% polysaccharides.

Recommendations

Pure Encapsulations recommends 1-2 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. In high doses (15 grams or more) diarrhea and bloating have been reported.

Are There Any Potential Drug Interactions?

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


References

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10. Healthnotes Clinical Essentials. Copyright 2004. Healthnotes, Inc.

Shiitake Mushroom extract

each vegetable capsule contains 	
shiitake mushroom (<i>Lentinus edodes</i>) extract	500 mg. (standardized to contain 6% polysaccharides)
1-2 capsules per day, in divided doses, with meals.	