

5 Mushroom Blend

Cordyceps sinensis

Grifola frondosa

Ganoderma lucidum

Lentinula edodes

Coriolus versicolor

1:2 Liquid Extract (Internal use only)

Part used: Whole fruiting body

1. Cordyceps (*Cordyceps sinensis*)
2. Maitake (*Grifola frondosa*)
3. Reishi (*Ganoderma lucidum*)
4. Shitake (*Lentinula edodes*)
5. Turkey Tail Mushroom/*Yun zhi* (*Coriolus versicolor*)

Main Actions

Cardiotonic, anticancer, antiviral, antifungal, antimicrobial, antibacterial, antiparasitic, anti-inflammatory, hepatoprotective, glycemic activities, antidiabetic, anti-tumour, immune-enhancing, immunomodulating, antioxidant, adaptogen, aphrodisiac.

Indications

Longevity/Antioxidant/Upregulates and stimulates the immune system/Chronic fatigue syndrome, exhaustion and weakness/Athletes/Increases strength, stamina and energy levels/Improves memory, concentration and focus/Increases exercise and athletic endurance/Induces weight loss
Cancer treatment; oesophagus, lung, stomach, colon, breast, liver, prostate
Adjacent therapy along side surgery, chemotherapy and radiation/Reduces radiation induced damage/Reduces chemotherapy side effects
Increases resistance to viruses and bacterial infections including streptococcus pneumonia, streptococcus pyogenes/*Candida albicans*/Sexually transmitted diseases/Epstein-Barr Virus
Colds/Influenza/Bronchial inflammation/Improves the functioning of the respiratory system/
Shortness of breath/Asthma/Allergies
AIDS/HIV Virus/Parkinson's/Alzheimer's/Diabetes/Rheumatoid arthritis/Lyme disease
Anxiety/Depression/Calming effect of the mind/Insomnia/Helps promote deeper sleep
Liver protecting properties and tonic/Hepatitis
Heart, lung, kidney and gonads tonic
Reduces lower urinary tract symptoms
Erectile dysfunction and impotence/Aphrodisiac/Increases fertility
Reduces inflammation/Supports the body's detoxification mechanisms
Cardiovascular issues/High blood pressure/Regulates blood pressure/Reduces

platelet

aggregation/High cholesterol

Note: One of the most popular anti-cancer drugs called Krestin was developed from *Coriolus Versicolor*.

Active Constituents

Polysaccharides: Lentinan, Beta-D-glucans (D-fraction), Alpha-D-glucans.

Sterols: Ergosterol

Nucleosides: Thymine, Adenine, Adenosine, Cordycepin.

Triterpenoids: Ganoderic acids.

Vitamins: A, B1, B2, B12, C, D, E, K, Niacin.

Minerals: Iron, Zinc, Potassium, Sodium, Calcium, Magnesium, Phosphorus; Copper; Manganese, Silicon, Vanadium, Nickel, Selenium, Sulfur; Germanium.

Eritadenine; Adenosine; Antioxidants; Triglycerides; Triterpenoid saponins; Acids; Coumarins;

Terpene Lactones; Flavonoids; Alkaloids; Lectins; Lignans; Proteins; Amino acids; Essential

Fatty Acids; Enzymes; Carbohydrates; Soluble Fibre.

Note: The part of the mushroom commonly used in commercial medicines is the mycelium

collected at the time when the stem and cap are still immature. This mycelium extract is called

Lentinula edodes mycelium (LEM) and has a high content of lignans and polysaccharides.



5 Mushroom Blend (continued)

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4. Shiitake (*Lentinula edodes*)
5. Turkey Tail Mushroom/Yun zhi (*Coriolus versicolor*)

Dosage

5-15mL/daily

35-105mL/weekly

Best taken 5ml 2-3 times daily.

Contradictions

None known.

Special Warnings and Precautions

Avoid if known allergy/hypersensitivity to mushrooms.

Herb/Drug Interactions

Caution is advised with persons taking some prescription medications. 5 Mushroom Blend may decrease or increase the effectiveness of some medications; however, studies are limited and such speculation is based on the actions of the mushrooms rather than the interactions. Lentinan may cause increased sun sensitivity that can worsen by herbs and supplements such as St. John's wort or Capsaicin. In a laboratory study the essential oil from shiitake inhibited platelet aggregation and therefore may increase the risk of bleeding when taken with herbs or supplements that also increase bleeding risk like garlic or saw palmetto. Because 5 Mushroom Blend potentiates the immune system, caution is advised for those receiving immunosuppressive therapies.

Pregnancy and Lactation

Not recommended during pregnancy and lactation due to the lack of available scientific evidence.

Side Effects/Adverse Reactions

May cause allergic contact dermatitis. Rarely, side effects include nausea, vomiting, loss of appetite and diarrhea.

Even less common are darkening of the fingernail and low blood cell counts. May cause stomach upset and diarrhea if taken in large doses.