

What are medicinal mushrooms?

Medicinal mushrooms are edible fungi that have therapeutic properties. While the earliest documentation of mushroom cultivation was in China, medicinal mushrooms have been used in traditional medicine for centuries by early Egyptian, Greek, Chinese, Mexican, and Roman societies.

These mushrooms provide a variety of nutrients, including protein, fiber, selenium, potassium, vitamins B1, B2, B12, C, D, and E. One of the active components found in many mushrooms is β -glucan, a type of polysaccharide that has been shown to stimulate immune function. The health benefits of mushrooms may result from interaction with the gut microbiota, improving immune cell function, and enhancing the adaptive immune response.

Health benefits

Medicinal mushrooms have a variety of beneficial effects, including:

- Anti-allergic
- Anti-bacterial
- Anti-cancer
- Anti-diabetic
- Anti-fungal
- Anti-inflammatory
- Anti-oxidant
- Anti-parasitic
- Anti-tumor
- Anti-viral
- Cardiovascular protective
- Hepatoprotective
- Hypotensive
- Immunomodulating

Preliminary research suggests that mushroom intake may be associated with weight management, protection against cognitive impairment, and a reduced risk of certain cancers.

Safety

Culinary mushrooms and mushrooms sold as dietary supplements are safe to consume. If consuming wild foraged mushrooms, caution should be taken and a knowledgeable mushroom forager or mycologist should be consulted to identify species that are safe for humans.

How to use medicinal mushrooms

Medicinal mushrooms come in various forms as dietary supplements, including liquid extracts, powders, and capsules. Whole fresh or dried mushrooms are also commonly steeped in hot water and consumed as a tea. Consult with your healthcare practitioner and carefully follow directions when incorporating mushroom supplements into your treatment plan.

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COMMON MEDICINAL MUSHROOMS & potential health effects



Chaga *Inonotus obliquus*

- Anti-cancer
- Anti-oxidant
- Supports healthy gut microbiota
- Supports immune function

Cordyceps *Ophiocordyceps sinensis*

- Anti-bacterial
- Anti-hypertensive
- May protect against viral infections
- Sedative
- Supports healthy metabolism & energy production



Lion's Mane *Hericium erinaceus*

- Anti-cancer
- Anti-diabetic
- Anti-hypertensive
- Anti-microbial
- Anti-oxidant
- Lipid-lowering
- Neuroprotective
- Supports immune function

Maitake *Grifola frondosa*

- Anti-oxidant
- May have anti-cancer activity
- May help regulate cholesterol & blood pressure
- Supports blood glucose metabolism
- Supports immune function



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COMMON MEDICINAL MUSHROOMS & potential health effects



Oyster *Pleurotus ostreatus*

- Anti-atherosclerotic
- Anti-cancer
- Anti-inflammatory
- Anti-oxidant
- Supports immune function

Reishi *Ganoderma lingzhi*

- Anti-allergic
- Anti-inflammatory
- Anti-oxidant
- Anti-parasitic
- Anti-radiation
- Anti-tumor
- Supports healthy gut microbiota
- Supports immune function



Shiitake *Lentinula edodes*

- Anti-cancer
- Anti-microbial
- Anti-oxidant
- Lipid-lowering
- Supports immune function

Turkey tail *Coriolus versicolor*

- May have anti-tumor & anti-oxidant effects
- Supports immune function

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