



Shiitake History



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Any Combination of MediMushrooms Capsules may be taken together.

100% Natural Product.

Shiitake

Lentinus edodes

“Smartest of All”



Manufactured under strict
Pharmaceutical Control

Boosts the immune system, thereby strengthening the body's ability to fight infection and disease.

Helps to reduce nausea, vomiting, discomfort in the period of recovery after illness or chemotherapy.

Lowers blood cholesterol level.

Moderates blood sugar level.

Promotes the metabolism and excretion of digested cholesterol.

Improves endurance and delays muscle fatigue.

General Info:

Shiitake (*Lentinus edodes*) represents a symbol of longevity in Asia and is glorified as food and medicine for centuries.

Wild Shiitake exists since prehistoric times and it is native to Japan, China and other Asian countries.

In the wild Shiitake grows on the trunks, stumps or fallen various hardwoods –oak, chestnut, beech or the shii tree, from where this mushroom derives its name (“take” means mushroom).

Shiitake have a distinctive look - light brown with amber effect and slight trumpet-shaped caps that range in diameter from about two to four inches and rest on tender white stems.

Shiitake is also known by the names Oak Mushroom, Oriental Black Mushroom and Glossagyne.



2.

This mysterious and unique in many aspects mushroom has been a gourmet product for centuries. It has a delicious taste, exotic flavour and meaty texture making it a fabulous addition to almost any dish.

Besides its taste, Shiitake is highly nutritious. It is regarded as one of the most popular sources of protein in Japan and a major staple in China and the rest of Asia. As a food source, Shiitake has the combined attributes of being appetizing, nourishing, dietetic and healthful. It has adequate nutritional benefits to serve as a main dish and it complements well the various recipes as meat substitute.

Shiitake contains all eight essential amino acids in better proportions than the ones found in soy beans, meat, milk, or eggs as well as a good blend of vitamins and minerals including vitamins A, B, B12, C, D and Niacin, elevating it to the pedestal of functional food. Shiitake produces a fat-absorbing compound that assists in weight loss. It has become the second popular mushrooms in the world.

Shiitake is the most widely cultivated and one of the most thoroughly researched and documented medicinal mushrooms.

The famous physician from the Chinese Ming Dynasty (A.D. 1368–1644), Wu Ri, wrote extensively about this mushroom, noting its ability to increase energy, cure colds, and eliminate worms. It is regarded as medicinal mushroom possessing powers of boosting "Qi" within the body's blood circulation.

The vast research of Shiitake's medicinal properties has been completed and it shows its ability to fight tumour, viral infections and enhance the immune system. Its beneficial effects have been reported in the Cochran's review of medicinal mushrooms, "Medical Effects" (Biology and Cultivation of Edible Mushrooms, Academic Press, 1978).

In the late 1960's a Japanese researcher by the name of T. Ikekawa together with his colleague after an intense study produced evidence related to a component of the Shiitake mushroom that demonstrated a 94.8% rate of tumour inhibition at a 200 mg/kg/day dose. Interestingly, the alkaline-eluted component gave only a 62.5% tumour inhibition rate at the same dosage.

Primary chemical constituents of Shiitake include Polysaccharide (lentinan), eritadenin, proteins, largely unsaturated fatty acids, minerals and vitamins D, B-2, B-12.

Lentinan, the highly purified polysaccharide fraction extracted from Shiitake, is an approved drug in Japan and has been used as an agent to prolong survival of patients in conventional cancer therapy as well as in AIDS research. Lentinan is commercially available for clinical use. In Japan mushroom extracts have become the leading prescription treatment for cancer.



3.

Lentinan is not only effective for cancer treatment, but may also prevent the increase of chromosomal damage induced by anti-cancer drugs with no known side effects. In the scientific articles Chihara stipulates: "The leading principles of the function of lentinan resides in the fact that it can cure patients by restoring their homeostasis and through enhancement of their intrinsic resistance against diseases."

There are also documented cases of greatly reduced side effects from radiation and chemotherapy in patients who took medicinal mushrooms at the same time.

In the clinical cases when lentinan was given as part of treatment to patients with gastric cancer, reticular fibres developed in tumour sites. Reticular cells, which are spread throughout the body in various tissues, are immune cells that have the ability to ingest (phagocytes) bacteria. When lentinan was administered, not only was there a proliferation of reticular cells in gastric tumour sites, but also many T- lymphocytes (another type of immune defender) were drawn to these cancer sites with the result that the cancer cell nests were fragmented and destroyed.

This highly prized mushroom is recommended for any disease involving depressed immune function such as cancer, AIDS, environmental allergies, yeast infections, frequent flu and colds.

The antiviral effects demonstrated by Shiitake are caused by its ability to stimulate the production of interferon.

Researchers have reported that consumption of Shiitake mushrooms lowers blood cholesterol levels by as much as 45 percent. The most dramatic results occurred when high-cholesterol foods were eaten simultaneously with Shiitake.

The ability of Shiitake to accelerate the metabolism and excretion of cholesterol was first reported in 1966 by Kaneda and Tokuda. The active principle is an amino acid named eritadenine that lowers all lipid components of serum lipoproteins. It exhibits very low toxicity and is effective when administered orally.

One hundred twenty-four derivatives of eritadenine have been synthesized and tested; numerous patents have been issued for consumable products capitalizing on shiitake's ability to reduce the cholesterol level.

Lowering plasma lipids by a method as simple as consuming a natural product is very appealing to any health conscious person.

Shiitake proves to be a truly heart smart food for the future.








4.

Nutritional Components:

Amino acids (Arginine, Leucine, Lysine, Phenylalanine, Valine)
Minerals (Fe, Zn, Mn, K, P, N etc)
Protein
Fibres
Vitamin B, B12, D
Beta-glucan
Heteroglucan
Polyacetylene
Guanosine 5' -monophosphate
Adenine derivative

Bioactive Properties and Health Benefits:

-  Anti-tumour properties – stimulates the function of immune depressed system; prevents the increase of chromosomal damage induced by anti-cancer drugs; reduced side effects from radiation and chemotherapy;
-  Anti-HIV properties - stimulates the production of interferon; provides synergistic (combined and improved) effect with azidothymidine (AZT);
-  High cholesterol - accelerates the metabolism and the excretion of eaten cholesterol;
-  Liver protection – strengthens the function of the liver; provides the detoxification of the liver;
-  Weight loss effect - produces a fat-absorbing compound that assists in weight control.

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