



MAITAKE MUSHROOMS

DANCE FROM TRADITION INTO SCIENCE

IMMUNE+++ has been formulated with a substantial serving of three exclusive mushrooms—Reishi, Maitake and Turkey Tail. This article will focus specifically on the Maitake mushroom.

Maitake is the Japanese name for the mushroom, *Grifola frondosa*. Maitake in Japanese means “the dancing mushroom.” The legend is described that people became so excited when they found Maitake, a very precious and valuable mushroom in the old days, that they danced in joy. Therefore the nickname was given.

Maitake was first utilized in Japan and North America, but it seems to have danced its way around the world. Many cultures have special names for it. The English call it the “hen-of-the-woods.” Sometimes it is also referred to as the “sheep’s head” or the “ram’s head.” Italians refer to it as the “signorina” mushroom while the Chinese call it “Huishuhua.”

Maitake grows at the base of trees in clusters. Particularly, it likes the oak tree and sometimes is found growing around chestnut, elm and maple trees. The mushroom has greyish-brown caps, which are usually spoon shaped or fan shaped with a few pores on the underside of the cap.



In Japan, Maitake is referred as the “King of Mushrooms” because of its size; it grows to a weight of more than 20kg. The mushroom is delicious and the Japanese use it widely in their cuisine. For example, Maitake is a major ingredient in *nabemono*, a popular Japanese dish. When preparing Maitake for a meal, the cap is eaten, not the stalk. It is fried, baked, stuffed, and a beverage is made from it.



TRADITIONAL EASTERN LORE

Both the Chinese and Japanese refer to Maitake as the “Medicinal Mushroom.” Maitake has been used in Eastern medicine for many millennia—it’s reported to have a wide number of health benefits and is a well-documented part of traditional Chinese medicine. The first record of its use comes from Shen Nong Ben Cao Jing (Shen Nong’s *Scripture of Herbal Medicine*, [cited in Mizuno and Zhuang 1995]), which was compiled between 200 BC and 200 AD. This scripture states that Keisho (one type of remedy made





with Maitake) “has been used frequently for improving spleen and stomach ailments, calming nerves and mind, and treating hemorrhoids” (Mizuno and Zhuang 1995). There are a variety of other Chinese medicines containing *Grifola frondosa*, ranging from treatment of mutated cells to remedies for palsy, nerve pain, and arthritis. It was also described for general treatments of immune stimulation and regulation of homeostasis.

The mushroom continues to be used for cuisines and for medicinal purposes as a continuation of tradition. Nevertheless real scientific research on the mushroom began in the 1980s in Japan. In European countries, such research is more recent.

IMPACT OF IMMUNITY

Maitake is seen to enhance the production of interleukins and lymphokines, important immune messengers which signal to immune cells that bad cells need to be deactivated and engulfed. It helps stop the stimulation and transport of mutated cells. These two messengers are important to a multitude of immune defense functions in the body. In 2009, a trial conducted on humans by *Memorial Sloan-Kettering Cancer Center* showed Maitake as being able to stimulate the immune systems of women with mutated cells in breast tissues.

BOOSTING THE IMMUNE SYSTEM

Since the Maitake mushroom is rich in polysaccharides, regular consumption will go a long way in enhancing the body’s immune system. This is usually accomplished with the help of antioxidants in Maitake. Antioxidants work to quench damaging free radicals, which do further damage on cells and tissues.



Being able to boost the immune system means that a person who regularly consumes the Maitake mushroom is assured of general physical health while supporting the maintenance of normal blood pressure.

BLOOD SUGAR AND CHOLESTEROL

The polysaccharides in the Maitake mushroom help regulate and maintain healthy blood sugar and cholesterol levels. Research has shown that Maitake can increase insulin sensitivity while reducing insulin resistance. Other studies have shown that extracts of *Grifola*

frondosa can reduce the conversion of cultured cells to adipocytes (fat cells), which has shown to reduce weight gain (Nakai *et al.* 1999). Along these lines, metabolic factors such as supporting the maintenance of healthy blood glucose, modulation of insulin and maintaining healthy triglyceride levels, have been demonstrated using extracts of *Grifola frondosa* (Kubo *et al.* 1994).



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IMMUNE+++ FORTIFIED WITH MAITAKE MUSHROOMS

IMMUNE+++ contains a synergistic, balanced blend of the finest quality mushrooms. When combined with the Life-C blend of highly bioavailable vitamin C—which is two times more potent and stays in circulation twice as long as other vitamin C forms—this formula clearly has superior benefits. Additionally, IMMUNE+++ has a synchronistic blend of natural antioxidants and bioflavonoids from Camu Camu, Acerola and Pomegranate fruit, Ashwagandha, and Sea Buckthorn. Take one to two tablets daily or more depending on your own health needs and guidelines. This formula was exclusively designed to optimize your health and immunity.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.