

Polysaccharides

Polysaccharides are long chains of molecules frequently found in certain species of mushrooms. Scientists have discovered that polysaccharides possess excellent anticancer effects. Research has shown that mushroom polysaccharides can activate immune cells and inhibit tumor growth. Polysaccharides help enhance the immune system by increasing the production of natural killer (NK) cells, **interferon** and **interleukin**, to protect against and destroy existing cancer cells and viruses.

Interferon & Interleukin

- ▶ **Interferon** is a protein produced by cells in response to a virus attack. Once infected by a virus, the body immediately produces interferon as the immune system's first defense to impair the growth and replication of the attacking virus. Interferon has also been shown to have anti-tumor properties.
- ▶ **Interleukin** is a protein responsible for chemical signals that cells send to one another. It activates specific white blood cells to trigger immune response to destroy invaders, stimulates the replication of immune cells, and improves the efficiency of the immune system.



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The Magic of
MUSHROOMS

Nourishment for the Immune System

ABM Mushroom

Yun Zhi Mushroom

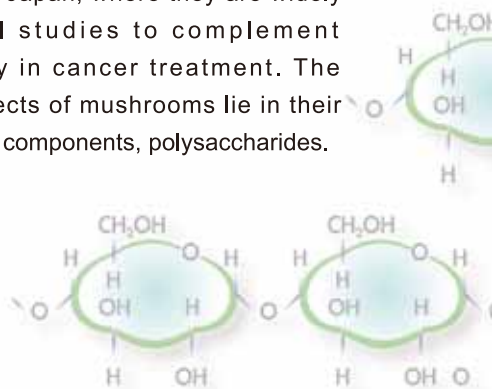
Maitake Mushroom

Reishi Mushroom

Shiitake Mushroom



►►► **Mushrooms** are amazing plant foods. Many studies prove that their abundant nutrients can help to effectively enhance immune system function and increase the body's ability to heal and keep disease at bay. Mushrooms are widely recognized for their exceptional medicinal properties, especially in China and Japan, where they are widely used in clinical studies to complement chemotherapy in cancer treatment. The amazing effects of mushrooms lie in their main active components, polysaccharides.



ABM Mushroom



The *Agaricus blazei* Murrill (ABM) is rich in two polysaccharides, beta-1,3 D-glucan and beta-1,6 D-glucan. These polysaccharides can aid the production of cancer-fighting immune cells—interferon and interleukin, plus prevent the reproduction, spread, and relapse of cancer cells.

Yun Zhi Mushroom

The yun zhi mushroom is inherently rich in two polysaccharides, PSK and PSP. They have powerful antiviral and anticancer effects. These polysaccharides have been shown to be helpful in treating non-small cell lung cancer, stomach cancer, and colorectal cancer. Furthermore, when PSK is administered in combination with chemotherapy drugs, PSK enhances the latter's action. PSK is one of the safest and most effective agents for treating chronic illnesses.

Maitake Mushroom

The Maitake mushroom contains the polysaccharides beta-glucans, phospholipids, and other polysaccharides, which act as immunostimulants. They enhance immune function and suppress tumor growth. Tests suggest that these polysaccharides can reduce cancer risk. Research also reveals that they can enhance the effectiveness of chemotherapy.

Reishi Mushroom

Reishi mushroom is used to improve the quality of life of cancer patients and help prolong their life span. It has been scientifically proven to have a healing effect on the lungs and is particularly beneficial for individuals with asthma and other respiratory problems.

Shiitake Mushroom

Often referred to as the “fragrant mushroom,” shiitake mushroom has been used for centuries in Oriental folk medicine to treat colds, flu, poor blood circulation, upset stomach, and fatigue. Lentinan and LEM—polysaccharides in shiitake mushroom—have many immunity-strengthening effects, including the activation of natural killer cells and increased production of gamma interferon. Tests prove that LEM may recharge the immune system.