

## Immune System Booster

In today's world, there is a tremendous desire to keep the energy and vitality of our younger days as we mature. And, many people are blessed with even longer life spans than their predecessors. This increased longevity is due in part to a greater emphasis on maintaining a healthy lifestyle and the availability of nutritional supplements and alternative healing methods.

Today's health-conscious consumers are discovering the benefits of the ancient Asian herbs. Two such powerful health-enhancing herbs are the Reishi (*Ganoderma lucidum*) and *Coriolus* mushrooms. Asian herbal practitioners have used these medicinal mushrooms for thousands of years to boost the body's immune system and improve overall health.

After 4000 years of use and observation, Oriental Medicine suggests that good health can be obtained by maintaining the proper balance through nutrition (including medicinal herbs), exercise, and mental peace. If disease is present, then the body is out of balance in one or more of these areas and the necessary steps must be taken to restore the harmony.

In ancient times, the Reishi mushroom (also known in China as Ling-Zhi) was very rare and the most highly rated herb due to its multiple health benefits and lack of side effects. Today, wild Reishi is extremely rare. Within the last 35 years, the cultivation of high-potency Reishi in large quantities has been possible due to modern bio-engineering technology; making it an affordable option for the health-minded consumer.

The *Coriolus* (Yun-Zhi) mushroom (commonly known as "turkey tail" in North America) is one of the least known mushrooms outside of Asia. During the Ming dynasty, the herbal practitioners believed that the *Coriolus* mushroom helped to improve one's spirit energy, strengthen bones, and helped one live a longer life. *Coriolus* mushrooms are high in polysaccharides.

### Health Benefits

In the oldest Chinese medical journals, Reishi was recommended for preventing ill health rather than as a



cure. Recent studies have shown Reishi to be helpful for heart and circulatory health. Reishi contains concentrations of polysaccharides and triterpenoids which enhance the functioning of the immune system. The polysaccharides stimulate the immune system by activating the body's immune cells and increase the number of antibodies needed to destroy unwanted foreign cells (bacteria, viruses, etc.).

Polysaccharides also help to improve the overall health of the body by removing toxins, improving the body's natural healing ability, and strengthening the body's resistance to disease. Triterpenoids help to improve blood pressure and increase blood lipids. Triterpenoids have a harmonizing effect on the circulatory system and the immune system.

The oriental medicine philosophy states that it is better to take preventive measures to maintain a high quality of health than to seek a solution after disease or illness strike. With the consumption of diets high in fats, sugars, salt, cholesterol, and chemical additives; with environmental pollution; and the stress of today's lifestyle, is it any wonder that many of our population suffer from chronic disease?

Since *Coriolus* is high in polysaccharides, it too appears to provide significant benefits for the immune system.

### Reishi Complex

Our *Reishi Complex* contains 270 mg. of Reishi extract, 68 mg. of *Coriolus* extract, 20 mg of Amylase, and 20 mg of Lipase, in a vegetarian capsule. It contains numerous bioactive compounds including polysaccharides (15%), triterpenoids, and immunomodulatory proteins. The Reishi is processed with a proprietary PhytoCell™ process that pulverizes the Reishi fruiting body into extra-fine sub-micro powder. This PhytoCell™ process breaks through the spore walls to release more and higher amounts of the bioactive compounds in the mushroom.



Supplement Facts		
Serving Size 1 Capsule		
Servings per Container 90		
	Amount per Serving	% Daily Value
Reishi <i>sporoderm PhytoCell™</i>	270 mg	*
Coriolus	68 mg	*
Amylase	20 mg	*
Lipase	20 mg	*
Other Ingredients: White Rice Flour, Cellulose.		
* Daily Value not established.		Capsule size #0

**Suggested dosage:** Take one capsule three times per day, or as needed.

### Scientific Studies

In a double blind, placebo-controlled, crossover study conducted at Hong Kong Polytechnic University, researchers investigated the in vitro antioxidant capacity of Reishi (*ganoderma lucidum*), the absorption and distribution of Reishi antioxidants, and the short-term impacts of supplementation on biomarkers of antioxidant status, coronary heart disease (CHD) risk and DNA damage. The blood and urine samples of ten healthy subjects were taken prior to taking 1.1 grams of Reishi (at fasting). Samples were again taken at 45, 90, 135, and 180 minutes after ingestion. Subjects took 720 mg per day for ten days, with additional fasting samples of blood and urine taken. Researchers noted that total antioxidant capacity increased significantly, with a peak response at 90 minutes after indigestion. The average peak increase in urine antioxidant capacity occurred within three hours of ingestion. Researchers concluded that Reishi caused an acute increase in plasma antioxidant capacity, without negative side effects. This may have possible benefits for improving antioxidant status and reducing CHD risk.

In a study conducted during the 1970, 2000 Chinese with chronic bronchitis were given Reishi for two weeks. At the end of the study, 60 to 90% reported they felt better and their appetite improved.

In a clinical study conducted at a university hospital in Tokyo, 53 hypertensive patients were given Reishi for six months. Twenty-four of the patients had a blood pressure drop of 10-19 mm Hg and 5 had a drop of 20-29 mm Hg (both systolic and diastolic readings).

In a case study conducted by Dr. Jean Monro at

Breakspear Hospital (United Kingdom), fifteen patients with Chronic Fatigue Syndrome (CFS) were given Coriolus supplement for 45 days. Patients were given 3 grams for fifteen days and then 1.5 grams for the next thirty days. Dr. Monro monitored the Natural Killer Cell (NK) activity levels during the study. After 45 days, Dr. Monro concluded that Coriolus significantly increased NK cell activity in CFS patients. An increase in NK cell activity appears to be helpful for boosting the immune system.

### References:

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### Resources:

Fisher Dr. Howard W. "Reishi Rescue" *Wood Publishing*; Ontario, CA: 2005.

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The FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.