



### **Medicinal Mushrooms**

Medicinal mushrooms contain a wide variety of active constituents that have significant biological activity such as: antitumor, immunomodulating, hepatoprotective, anti-inflammatory, antioxidant, and antiviral, and demonstrate the ability to stimulate nerve cell growth. Their anti-viral activity is of particular interest since there are very few pharmaceutical antiviral medications. "Several triterpenes of Reishi and water extract of Chaga have activity against HIV-1. Extract of Chaga also shows antiviral action against influenza A and B. Many other mushrooms, including water extract Shiitake mycelium and protein-bound polysaccharides and polysaccharide-peptide from Coriolus and D-fraction from Maitake, show multiple antiviral function."<sup>i</sup>

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<sup>i</sup> Willard T. Medical Mushrooms. In: Textbook of Natural Medicine. Pizzorno JE, Murray MT. St.Louis: Elsevier; 2103. p. 845.