

Medicinal Mushrooms with Anti-inflammatory Properties and More

Chemical composition: Vitamin D₂	Only non-animal source of vitamin D. To enhance vitamin D, mushrooms should be exposed to sunlight.
Antioxidant	May contain ascorbic acid, carotenoids, superoxide dismutase, tocopherols, phenolic compounds and ergothioneine
Anti-atherogenic activity	<ul style="list-style-type: none"> • Cholesterol regulating: Reishi and <i>Agaricus blazei</i> • Shiitake contain the anticholesterol cholesterol compound eritadenine • Oyster mushroom contains naturally occurring statin - lovastatin
Hypoglycemia activity	<ul style="list-style-type: none"> • Reishi – Ganoderan A and B • Maitake – polysaccharides • Coriolus – glucan-protein • Chaga • Cordyceps • <i>Agaricus blazei</i>
Anti-inflammatory activity	<ul style="list-style-type: none"> • Reishi – stronger activity than acetylsalicylic acid • Ergosterol found in many mushrooms can inhibit COX 1 and COX 2 activity
Cholesterol lowering	<ul style="list-style-type: none"> • Cordyceps • Reishi • Shiitake • Oyster Mushroom
Anti-platelet aggregation	<ul style="list-style-type: none"> • Reishi • Shiitake
Anti-diabetic	<ul style="list-style-type: none"> • Maitake • Reishi
Anti-fibrolytic	Reishi
Antioxidant	Reishi Chaga Maitake Enokitake

