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Shiitake – Helps Support the Immune System

About Shiitake

- Shiitake mushroom (*Lentinula edodes*) is a source of fungal polysaccharides with immunomodulating properties, such as beta-glucans[1], and is used in herbal medicine to support the immune system.[2,3]
- Shiitake's most active beta-glucan is lentinan, which helps activate white blood cells involved with innate immunity.[2,3]
- Shiitake also provides a source of antioxidants to help protect cells against oxidative damage caused by free radicals, including vitamins C and E, the mineral zinc, and the amino acid ergothioneine.[3]
- Shiitake also contains vitamins B and D, minerals iron and magnesium, and omega-3 fatty acids.[1–3]
- These nutrients help regulate immune function in several ways.[4]
- Shiitake also helps support the body's natural antioxidant system, including superoxide dismutase and glutathione peroxidase.[5]

How to Use Shiitake

- Take 2 capsules 2 times per day or as directed by a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are taking blood thinners (anticoagulants). Stop use if hypersensitivity/allergy occurs. Keep out of reach of children.
- Consult a health care practitioner prior to use if you have an autoimmune condition, such as multiple sclerosis, systemic lupus erythematosus, or rheumatoid arthritis, have hypereosinophilic syndrome, or are pregnant or breastfeeding. Do not use this product if you are allergic to mushrooms.

Drug Interactions

- Consult a health care practitioner prior to use if you are taking blood thinners, immunosuppressants, or drugs metabolized by liver enzymes (such as CYP2D9 substrates).

Quick Tips for Optimal Health

☐ Be sure to get enough sleep. Sleep is vital to immune health, for both innate immunity (what we are born with) and adaptive immunity (what the immune system learns through exposure).[6] For adults younger than age 65, the Canadian 24-Hour Movement Guidelines for Adults recommend 7–9 hours of sleep, and 7–8 hours of sleep for adults aged 65 and older.[7]

☐ Engage in regular exercise. Moderate exercise (but not overtraining) can help support immune regulation and decrease the incidence of illness.[8]

☐ A healthy source of antioxidants is important for adequate immune defence and may play a role in susceptibility or resistance to infection.[9] While free radicals in the body can serve important purposes such as fighting infection, too many lead to excess oxidative stress, inflammation, and other health concerns.[10]

☐ Antioxidant foods can support healthy immunity, and eating a "rainbow" of fruits and vegetables ensures consuming a variety of antioxidant pigments, including carotenoids, betalains, chlorophyll, and flavonoids.[11]

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

9230683

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