

# Ganoderma & Shiitake

M1280



Quality is our Passion  
Passion Flower (*Passiflora incarnata*)

## Ganoderma & Shiitake: Mushroom Therapy for Immune Health & Vitality

There have been many legends in Chinese history linking the Ganoderma mushroom to longevity, with it regarded as the “mushroom of immortality”. It has been depicted throughout Chinese culture in paintings, statues, silk tapestries and on the robes of emperors. Chinese monks also used Ganoderma to promote a centered calmness and improve meditation practices. Among cultivated mushrooms, Ganoderma is unique because it is consumed only as a dietary supplement and not as a food. As a whole mushroom it is bitter and inedible (unable to be chewed and quite indigestible). As a supplement, Ganoderma is administered in powder form, decoction or water-based concentrate to improve its digestibility. Ganoderma has also been revered in Japanese culture. It was hung in the hallways of Japanese homes as a symbol to ward off evil.<sup>1-6\*</sup>

The Shiitake mushroom has been well known in China and Japan as a food and therapeutic remedy for thousands of years.<sup>7</sup> The emperors of China are said to have eaten the mushroom in great quantities to slow the onset of old age.<sup>8\*</sup>

## How Ganoderma & Shiitake Keeps You Healthy

### Promotes vitality

Ganoderma is listed as the most respected of the superior tonics in an ancient text of the Chinese herbal system. (A tonic is popularly thought of as something that makes you feel better, stronger or healthier.) Superior tonics were among the most highly regarded of all remedies by Chinese herbalists as they were considered to support good health and longevity and make the body flexible. Ganoderma was said to cultivate virtue. The tonic action of Ganoderma is used by natural clinicians to replenish the body’s vital reserves over the long term, support the constitution and aid the body’s natural regeneration and repair functions.<sup>1,4</sup> Shiitake is also regarded as a tonic in Japan, China and Korea.<sup>7-9\*</sup>

### Stimulates healthy immune response

In a placebo-controlled trial, Shiitake promoted healthy immune function in volunteers.<sup>8</sup> Ganoderma also promoted healthy immune function in elderly volunteers in an uncontrolled trial.<sup>6\*</sup>

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	2	
Calcium	60 mg	6%
Shiitake mushroom 4:1 extract from <i>Lentinula edodes</i> 800 mg	200 mg	†
Reishi mushroom 66:1 extract from <i>Ganoderma lucidum</i> 6.6 g	100 mg	†
† Daily Value (DV) not established.		

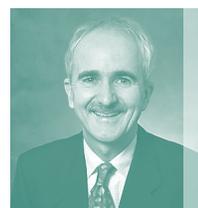
Other ingredients: Calcium acid phosphate, cellulose, sodium starch glycolate, silica, hypromellose, maltodextrin, glucose and magnesium stearate.

**Caution:** Contraindicated in known cases of allergy to shiitake. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Product No** M1280  
**Content** 40 tablets



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**Associate Professor Kerry Bone**  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# What Makes MediHerb Ganoderma & Shiitake Unique

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards

### References

- <sup>1</sup> Chang HM, But PP (eds). *Pharmacology and Applications of Chinese Materia Medica*. World Scientific, Singapore, 1987.
- <sup>2</sup> Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004.
- <sup>3</sup> Chen JJ, Shih NL. *Acta Cardiol Sin* 2002; **18**: 113-114
- <sup>4</sup> American Herbal Pharmacopoeia. *Reishi Mushroom – Ganoderma lucidum: Standards of Analysis, Quality Control, and Therapeutics*. American Herbal Pharmacopoeia, Santa Cruz, September 2000.
- <sup>5</sup> Smith J, Rowan N, Sullivan R. *Medicinal mushrooms: their therapeutic properties and current medical usage with special emphasis on cancer treatments*. Cancer Research UK, London, 2002.
- <sup>6</sup> McKenna DJ, Jones K, Hughes K et al. *Botanical Medicines: The Desk Reference for Major Herbal Supplements*, 2nd Edn. New York, Haworth Herbal Press, 2002.
- <sup>7</sup> Hobbs C. *Medicinal Mushrooms: An Exploration of Tradition, Healing & Culture*, 2nd Edn. Botanica Press, Santa Cruz, 1986.
- <sup>8</sup> Jones K. *Shiitake: The Healing Mushroom*. Healing Arts Press, Vermont, 1995.
- <sup>9</sup> Kim H, Song MJ, Potter D. *J Ethnopharmacol* 2006; **104**(1-2): 32-46



### Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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