

Maitake



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Grifola frondosa

Has anticancer properties and balances immune function

Contains antioxidants

Multiple studies for cancer including helping during chemo and radiation

D-fraction maitake is the most studied (hot water extraction) – just one beta-glucan in maitake (D beta-glucan)

Can lower inflammation



Helps stabilize blood sugar and improve immunity in rats with maitake cooked in broth

Helps with insulin sensitivity

Helps with cholesterol and blood pressure levels

May help with balancing hormones, especially PCOS

Prebiotic for gut bacteria- increasing stains and helping with NAFLD (animal study)



D- Fraction

May be helpful for helping prevent immune issue during chemo

Not only anti-tumour – may prevent ocogenesis (development of tumours)

But helps prevents blood gas drop

May help reduce the amount of chemo needed (mouse study)



Format

Fresh

Dried - Be sure to re-hydrate in room temperature water before using in recipes

Hot water extraction

Dried powder - rehydrate

Supplement

There may be dual extraction

