

# Shitake



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*Lentinula edodes*

Has antimicrobial properties – antiviral, antibacterial and antifungal

A human (52) study of consuming 5 or 10 g shitake daily for four weeks

Results showed increased in many immune markers, improving function and balance

Prebiotic - contains several different types



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Weight loss - May be due to b-glucan which increases satiety, helps lower food intake, delays nutrition absorption and reduce plasma lipid levels

Beta-glucans and eritadenine in shitake may have fat-reducing properties

Rat study found shitake can prevent weight gain



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Rat study found that shitake and maitake helped reduced blood pressure

Shitake decrease both LDL and HDL where as maitake just lowered LDL

May also enhance libido

Nutrients such as B vitamin plus gut health benefits may aid brain function



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Human study (ex-vivo plus blood tests) found that daily consumption boosted immunity, increased several immune products

Also increased sIgA which improve gut immunity

Another study showed anti-tumour effect on two human cancer lines and increased apoptosis (in vivo animal)

Compound lentinan heals damage by anti-cancer treatments



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Gingivitis- Shitake was study in an artificial mouth model against chlorhexidine (used in mouthwash for gingivitis)

Shitake lowered bad bacteria better than chlorhexidine and did not harm good bacteria

Chlorhexidine harms both good and bad bacteria



# Format

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Fresh

Dried (rehydrate first in room temp water unless using for tea)

Tea or hot water extraction

Powder – often extraction (hot water)

Supplements

