

# Turkey Tail



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Trametes versicolor (or formerly Coriolus versicolor – cloud mushroom)

Comes in many colours and grows just about anywhere in the world

Green colour is actually algae

Has a long history in Chinese medicine (15<sup>th</sup> century)

Not as studied as some other mushroom but showing up more as supplements



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Main studies on immune balancing properties

Anti-tumour activity

Linked to PSP (polysaccharide peptide)

Promotes TNF-alpha (proinflammatory cytokine) which induce apoptosis (programed cell death and needed for killing cancer cells)





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Studied to help with immune system improvement in women with breast cancer after chemo and radiation

6-9 grams a day

Another study found dogs with hemangiosarcoma (unique to dogs and sometimes found in cats) survived longer with turkey tail than with chemo



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Polysaccharide peptide helps alter microbial community toward good bacteria and decrease pathogenic

Also helps the microbial community recover after antibiotics

Increases macrophage activity

Modulates immune system and helps with cold, flus, infections

Helps with HIV/AIDs



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Helps with Human Papilloma Virus (HPV) specifically related gum disease

Study of 66 patients, 41 showed positive results after two months of treatment with a combination of reishi and turkey tail

This may be something is going to be studied more – combination of mushrooms





# Format

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Dried

Hot Water Extraction

Dual Extraction

Supplements

