

Mushroom Beta Blend

Immune health and general wellness[‡]

DESCRIPTION

Mushroom Beta Blend provides a dynamic combination of eight mushrooms including Cordyceps, Reishi, Maitake, Shiitake, Chaga, Turkey Tail, Lion's Mane and Tremella with standardized beta-glucan content for promoting immune system health and broad-spectrum physiological support.[‡]

INDICATIONS

- Support for immune health[‡]
- Support for overall well-being[‡]

FUNCTIONS AND MECHANISM OF ACTION

Mushroom Beta Blend features:

- Cordyceps (*Cordyceps sinensis*) supports immune health through antioxidant action to modulate the secretion of interleukins.[‡]
- Reishi (*Ganoderma lucidum*) promotes healthy immune cell responses by modulating interleukins and glycoproteins, such as CD4, and enzyme activity in cells. The polysaccharides contained in Reishi may also support healthy lipid metabolism.[‡]
- Maitake (*Grifola frondosa*) promotes immunologic function via natural killer cell activity.[‡]
- Shiitake (*Lentinula edodes*) provides a source of factors that supports immune function by regulating interleukins and interferon levels. In addition, Shiitake may have cardiovascular and liver supporting properties.[‡]
- Chaga (*Inonotus obliquus*) may support immune function, antioxidant activity and brain health as demonstrated *in vivo* and *in vitro*.[‡]
- Turkey Tail (*Coriolus versicolor*) supports immune cells by promoting healthy cytokine balance.
- Lion's Mane (*Hericium erinaceus*) may support brain and nerve health and cognition by mediating nerve growth factor and amyloid- β .[‡]
- Tremella (*Tremella fuciformis*) supports antioxidant activity by reducing oxidative stress.[‡]

Beta-glucans are important polysaccharides found in mushrooms that support the body's natural immune activity. Beta-1,3-glucans and beta-1,6-glucans activate macrophage function and release of nitric oxide and tumor necrosis factor-alpha. Beta glucans and various mushroom species have been shown to stimulate the immune system to produce natural killer cells, lymphocytes critical to the innate immune system.[‡]

FORMULA (#202720)

Serving Size 2 Vegetarian Capsules:

Organic Mushroom blend..... 1,000 mg

Cordyceps (*Cordyceps sinensis*), Reishi (*Ganoderma lucidum*), Maitake (*Grifola frondosa*), Shiitake (*Lentinula edodes*), Chaga (*Inonotus obliquus*), Turkey Tail extract (*Coriolus versicolor*), Lion's Mane extract (*Hericium erinaceus*), Tremella extract (*Tremella fuciformis*)

Beta-1,3/1,6 glucan 65 mg
(from *Coriolus versicolor* and *Hericium erinaceus*)

Other Ingredients: Hydroxypropyl methylcellulose (capsule), hydroxypropyl cellulose, microcrystalline cellulose

Gluten-free, Non-GMO

SUGGESTED USE

As a dietary supplement, adults take 2 capsules, 1-2 times daily, or as directed by your health professional.

WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

Keep out of reach of children.

STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

REFERENCES

- Huang X, Nie S. *Food Funct.* 2015 Oct;6(10):3205-17.
- Sliva D. *Mini Rev Med Chem.* 2004 Oct;4(8):873-9.
- Jung SJ, Jung ES, Choi EK, et al. *BMC Complement Altern Med.* 2019; 19: 77.
- Das G, Shin HS, Leyva-Gomez G, et al. *Front Pharmacol.* 2021 Feb 8;11:602364.
- Zhang J, Yu Y, Zhang Z, et al. *Int Immunopharm.* 2011; 11, 2251–2257.
- Bhardwaj N, Katyal P, Sharma AK, et al. *Recent Pat Inflamm Allergy Drug Discov.* 2014;8(2):104-17.
- Sun LX, Li WD, Lin ZB, et al. *Cell Physiol Biochem.* 2014;33(2):289-99.
- Zhang Y, Lin Z, Hu Y, Wang F. *Br J Sports Med.* 2008 Oct;42(10):819-22
- Chen X, Hu ZP, Yang XX, et al. *Int Immunopharmacol.* 2006 Mar;6(3):499-508.
- Deepalakshmi K, Mirunalini S, Krishnaveni M, Arulmozhi V. *Chin J Nat Med.* 2013 Nov;11(6):621-7.
- Noguchi M, Kakuma T, Tomiyasu K, et al. *Asian J Androl.* 2008 Sep;10(5):777-85.
- Meneses ME, Martinez-Carrera D, Torres N, et al. *PLoS One.* 2016 Jul 20;11(7):e0159631.
- Pan R, Lou J, Wei L. *Exp Ther Med.* 2021 Aug;22(2):820.
- Huang CH, Lin WK, Chang SH, et al. *Mycology.* 2020 Mar 23;12(2):94-104.
- Ma XL, Meng M, Han LR, et al. *Chin J Nat Med.* 2015 Dec;13(12):906-14.
- Vetvicka V, Vetvickova J. *Ann Transl Med.* 2014 Feb;2(2):14.
- Huyan T, Li Q, Yang H, et al. *Carbohydr Polym.* 2014 Jan 30;101:819-27.
- Huang X, Nie S. *Food Funct.* 2015 Oct;6(10):3205-17.
- Deng G, Lin H, Seidman A, et al. *J Cancer Res Clin Oncol.* 2009 Sep;135(9):1215-21.
- Kodama N, Komuta K, Nanba H. *J Med Food.* Winter 2003;6(4):371-7.
- Dai X, Stanilka JM, Rowe CA, et al. *J Am Coll Nutr.* 2015;34(6):478-87.
- Giese S, Sabell GR, Coussons-Read M. *J Diet Suppl.* 2008;5(1):47-61.
- Bisen PS, Baghel RK, Sanodiya BS, et al. *Curr Med Chem.* 2010;17(22):2419-30.
- Yagi K. *Gan To Kagaku Ryoho.* 2012 Jul;39(7):1099-102.
- Kim YR. *Mycobiology.* 2005 Sep; 33(3): 158–162.
- Nguyet TMN, Lomunova M, Le BV. *Int Immunopharm.* Nov 2017;2018(54):286–295.
- Niu H, Song D, Mu H, et al. *Int J Biol Macromol.* 2016;86:587–593.
- Zou CX, Wang XB, L TM. *Bioorg Chem.* 2019;2020:103588.
- Han Y, Nan S, Fan J, et al. *Int J Biol Macromol.* 2019;131:769–778.
- Gunjima K, Tomiyama R, Takakura K. *J Cell Biochem.* 2014;115(1):151–160.
- Chu KK, Ho SS, Chow AH. *J Clin Pharmacol.* 2002 Sep;42(9):976-84. Review.
- Torkelson CJ, Sweet E, Martzen MR, et al. *ISRN Oncol.* 2012;2012:251632.
- Chang Y, Zhang M, Jiang Y, et al. *Discov Med.* 2017 Apr;23(127):207-219.
- Tsai-Teng T, Chin-Chu C, Li-Ya L et al. *J Biomed Sci.* 2016;23, 49.
- Chen CC, Tzeng TT, Chen CC et al. *J Nat Prod.* 2016;79, 438-441.
- Tzeng TT, Chen CC, Chen CC et al. *Int J Mol Sci.* 2018;19.
- Mori K, Obara Y, Moriya T et al. *Biomed Res.* 2011;32, 67-72.
- Shen T, Duan C, Chen B, et al. *Mol Med Rep.* 2017 Aug; 16(2): 1340–1346.
- Ruan Y, Li H, Pu L, et al. *Anal Cell Pathol (Amst).* 2018 May 2;2018:5762371.
- Abel G, Czop JK. *Int J Immunopharmacol* 1992;14:1363-73.
- Babineau TJ, Hackford A, Kenler A, et al. *Arch Surg* 1994;129(11):1204-10.
- Hoffman OA, Olson EJ, Limper AH. *Immunol Lett* 1993;37:19-25.
- Vetvicka V, Vetvickova J. *Ann Transl Med.* 2014 Feb;2(2):14.

Radwan FF, Perez JM, Haque A. *J Clin Cell Immunol*. 2011 Dec 11; S3:4
Battle J, Ha T, Li C, et al. *Biochem Biophys Res Commun* 1998;249(2):499-504.
Jung SJ, Jung ES, Choi EK, et al. *BMC Complement Altern Med*. 2019; 19: 77.
Vetvicka V, Vetvickova J. *Ann Transl Med*. 2014 Feb;2(2):14.
Radwan FF, Perez JM, Haque A. *J Clin Cell Immunol*. 2011 Dec 11; S3:4
Batra P. *Int J Med Mushrooms*. 2013;15(2):127-43. Review.
Eliza WL, Fai CK, Chung LP. *Recent Pat Inflamm Allergy Drug Discov*. 2012 Jan;6(1):78-87.

For more information on Mushroom Beta Blend, visit douglaslabs.com

[†]These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Rd
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



PUSH YOUR POTENTIAL.
©2022 Douglas Laboratories. All Rights Reserved.