

Shiitake Mushroom Supreme™



Adaptogenic Liver Support

The shiitake mushroom is revered throughout Asia as a tonifying mushroom. It is used both as a food and for its health-promoting benefits.

SHIITAKE MUSHROOM SUPREME™ combines the world-renowned *Lentinus edodes* Mycelia Extract (LEM™) form of shiitake with reishi mushroom, and with liver-supporting herbs such as milk thistle, turmeric, schisandra and ligustrum. The result: a supreme shiitake adaptogenic formula, specially designed to support a healthy liver.



PLANETARY

FORMULAS®

More Than Herbs – *Herbalism!*

Shiitake: Prized Adaptogen

Shiitake mushroom, one of the most highly prized botanicals of Chinese and Japanese herbalism, is the centerpiece of SHIITAKE MUSHROOM SUPREME™.

Traditionally shiitake was used to improve circulation and vigor and to support a wide range of body systems. Today shiitake is valued for its delicious taste and as an adaptogen, and is the number one agricultural export of Japan.

Adaptogens are defined as substances that enhance general adaptive response. They increase resistance against external stressors, have a balancing effect and stabilize normal body functions.

Beneficial Constituents

Shiitake is a rich source of lentinan, a highly purified glucan extracted from the mycelium and the mature fruiting body. SHIITAKE MUSHROOM SUPREME combines *Lentinus edodes* mycelia extract (LEM™) with shiitake mycelium biomass and an extract of the mature fruiting body. The result is a nutrient-rich form of shiitake that captures the full range of its unique compounds.

Adaptogenic Liver Support

To enhance the effects of shiitake, Planetary Formulas has added another renowned adaptogenic mushroom, reishi, plus a range of liver-supporting herbs.

Reishi Mushroom is one of the most highly prized botanicals of Chinese herbalism, traditionally used to promote longevity, and enhance well-being. Reishi has been shown to support immune resistance in modern animal and *in vitro* studies. SHIITAKE MUSHROOM SUPREME combines

a concentrated extract of the mature fruiting body with the mycelia biomass, to ensure a broad spectrum of constituents.

Schisandra Fruit is one of the most widely researched adaptogens. It contains numerous lignans shown to be beneficial for the liver.

Milk Thistle is a source of silymarin, three related compounds shown to support liver function and antioxidant defense.

Turmeric is another powerful antioxidant, traditionally used for liver support.

Additional Chinese tonifiers include **Ligustrum**, **Lycii**, **Green Citrus Peel**, **Rehmannia** and **Angelica**.

Clinically Derived Formula from Michael Tierra

Planetary Formulas products are exclusively developed or selected by Michael Tierra, a clinician with more than 30 years of experience. Michael uses Planetary Formulas products on a daily basis in his practice. This means your customers can be assured of obtaining the benefits they are seeking from a herbal product.

References

- Brown, D. 1993. Silymarin education monograph. *Health Res Update*, 23-36.
- Jones, K. Feb 1998. Shiitake: a major medicinal mushroom. *Altern & Comp Ther*. 53-59.
- Lin, C.C. et al. 1997. Evaluation of the ... hepatoprotective and antioxidant activities of *Lycium*. *Phytomed* 4(3), 213-220.
- Liu, G.-T. Aug 1993. Pharmacology and clinical uses of *Ganoderma*. *Proceedings First Internatl Conf on Mushroom Biol & Products*. Chinese U Hong Kong, 267-273.
- Srimal, R.C. 1997. Turmeric: A brief review of medicinal properties. *Fitoter*. LXVIII:6, 483-493.

Adhering to the quality control requirements and codes of ethics of:
American Herbal Products Association
National Nutritional Foods Association



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.