

# Mushroom properties, publications trends and health statements

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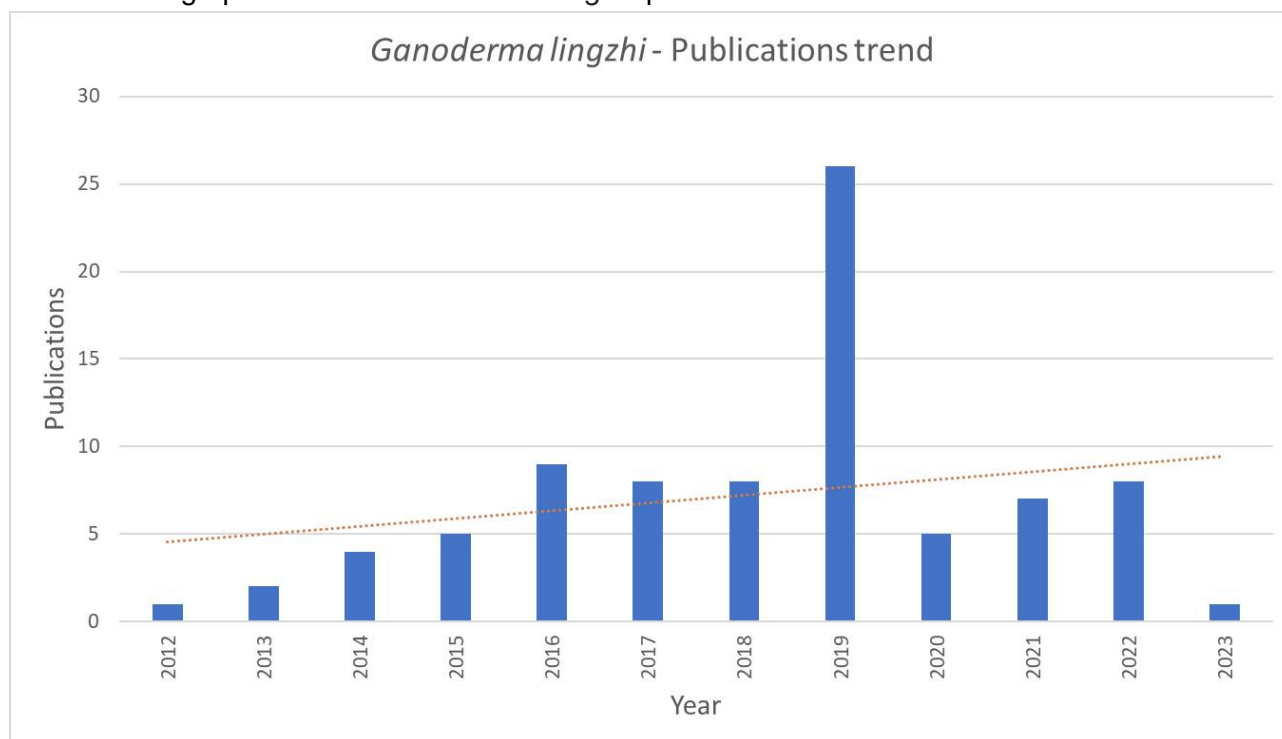
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# 1. Resihi

English name	Latin name	Number of publications	Additional properties
Reishi	<i>Ganoderma lingzhi</i>	Reishi mushroom <b>1391</b> <i>Ganoderma lingzhi</i> <b>78</b>	<ul style="list-style-type: none"> <li>• Against aging (1)</li> <li>• Supports immunity (2)</li> </ul>
<p><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"> <li>• Healthy sleep (3), (4)</li> <li>• Relaxation (5)</li> </ul>			

Table nr 1. *Ganoderma lingzhi* (PubMed)

Note: There are several species of Reishi that have different latin names. Therefore it was decided to create the graph based on *Ganoderma lingzhi* publications.



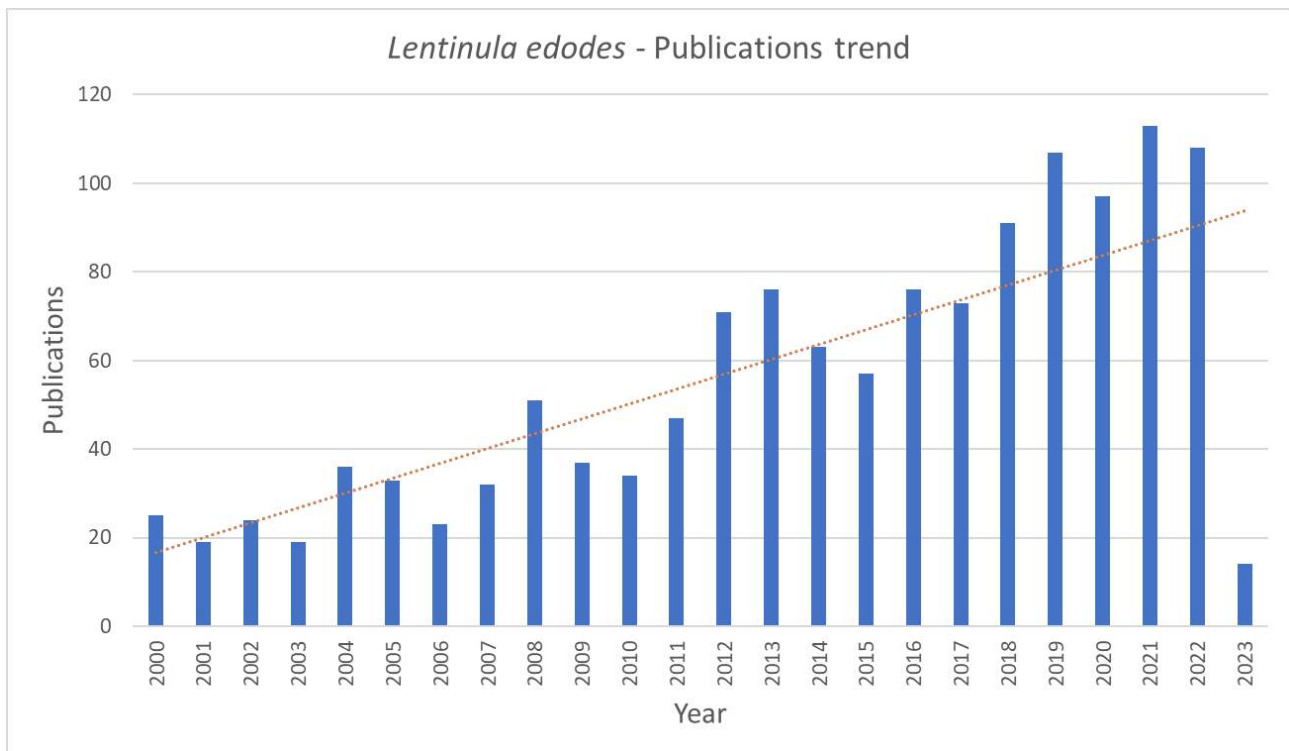
Graph nr 1. *Ganoderma lingzhi* publications trend (PubMed)

- (1) <https://pubmed.ncbi.nlm.nih.gov/31777024/>
- (2) <https://pubmed.ncbi.nlm.nih.gov/31777025/>
- (3) <https://pubmed.ncbi.nlm.nih.gov/22207209/>
- (4) <https://pubmed.ncbi.nlm.nih.gov/17383716/>
- (5) <https://pubmed.ncbi.nlm.nih.gov/15857210/>

## 2. Shiitake

English name	Latin name	Number of publications	Additional properties
Shiitake	<i>Lentinula edodes</i>	Shiitake mushroom <b>979</b> <i>Lentinula edodes</i> <b>1216</b>	<ul style="list-style-type: none"> <li>• Supports immunity (1)</li> <li>• Supports organism after cancer treatment (2)</li> <li>• Promising anti-inflammation properties (3)</li> </ul>
<p><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"> <li>• Supports immunity (4), (5), (6)</li> <li>• Liver health (7), (8)</li> <li>• Cardiovascular health (9), (10)</li> <li>• Includes vitamin D (11), (12)</li> </ul>			

Table nr 2. *Lentinula edodes* (PubMed)



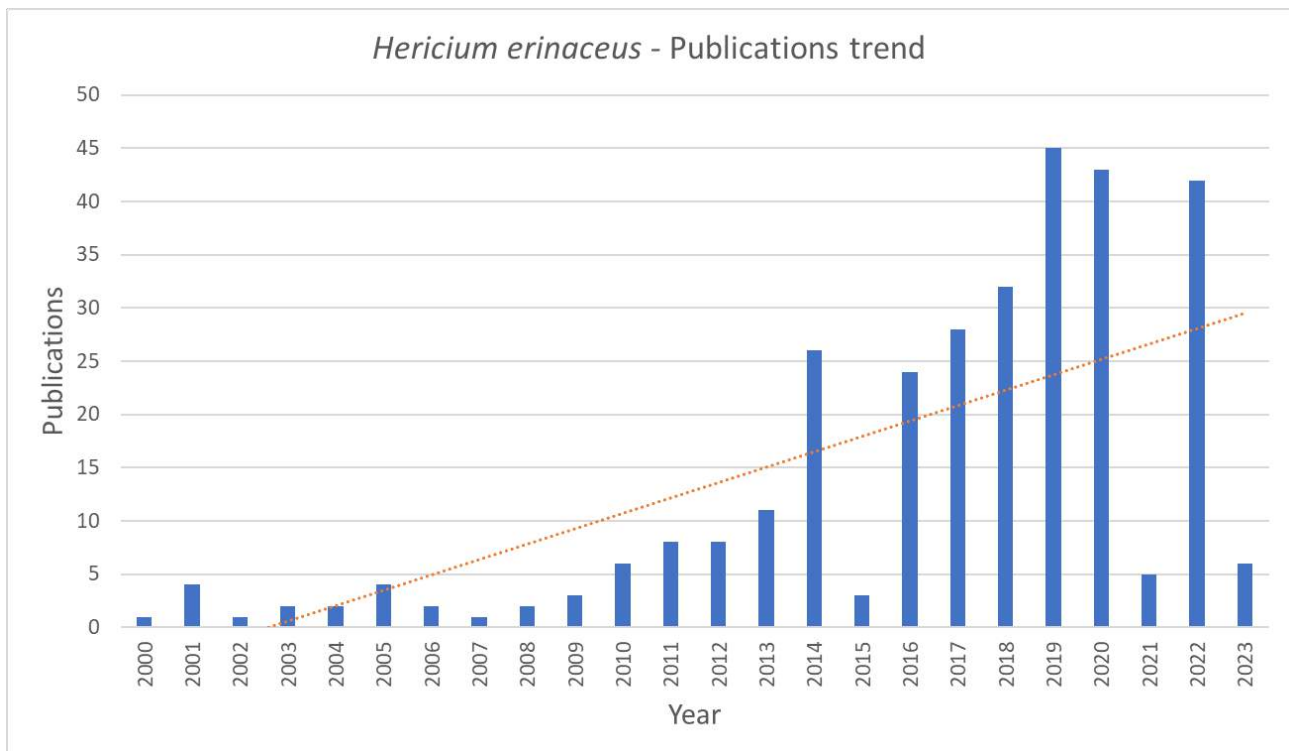
Graph nr 2. *Lentinula edodes* publications trend (PubMed)

- (1) <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0224740>
- (2) <https://pubmed.ncbi.nlm.nih.gov/31030752/>
- (3) <https://pubmed.ncbi.nlm.nih.gov/31256391/>
- (4) <https://pubmed.ncbi.nlm.nih.gov/25866155/>
- (5) <https://pubmed.ncbi.nlm.nih.gov/22164761/>
- (6) <https://pubmed.ncbi.nlm.nih.gov/21598414/>
- (7) <https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/association-between-edible-mushroom-intake-and-the-prevalence-of-newly-diagnosed-nonalcoholic-fatty-liver-disease-results-from-the-tianjin-chronic-lowgrade-systemic-inflammation-and-health-cohort-study-in-china/41408B18659A8BB5E903800398C8D8D6>
- (8) <https://pubmed.ncbi.nlm.nih.gov/32069862/>
- (9) <https://www.sciencedirect.com/science/article/pii/S1319562X16000231>
- (10) <https://www.dl.begellhouse.com/journals/708ae68d64b17c52,433ce6e41ae07a4d,557a5ecb112c40e3.html>
- (11) <https://pubmed.ncbi.nlm.nih.gov/27027234/>
- (12) <https://www.mdpi.com/2072-6643/10/10/1498>

### 3. Lion's Mane

English name	Latin name	Number of publications	Additional properties
Lion's Mane	<i>Hericium erinaceus</i>	Lion's Mane mushroom <b>1</b> <i>Hericium erinaceus</i> <b>340</b>	<ul style="list-style-type: none"> <li>• Promising in cancer treatment (1)</li> <li>• Reduces stress (2)</li> <li>• Promising in diabetes and metabolic disease treatment (3)</li> </ul>
<p><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"> <li>• Supports memory and cognitive function (4), (5)</li> <li>• Supports nerve growth factor (6)</li> </ul>			

Table nr 3. *Hericium erinaceus* (PubMed)



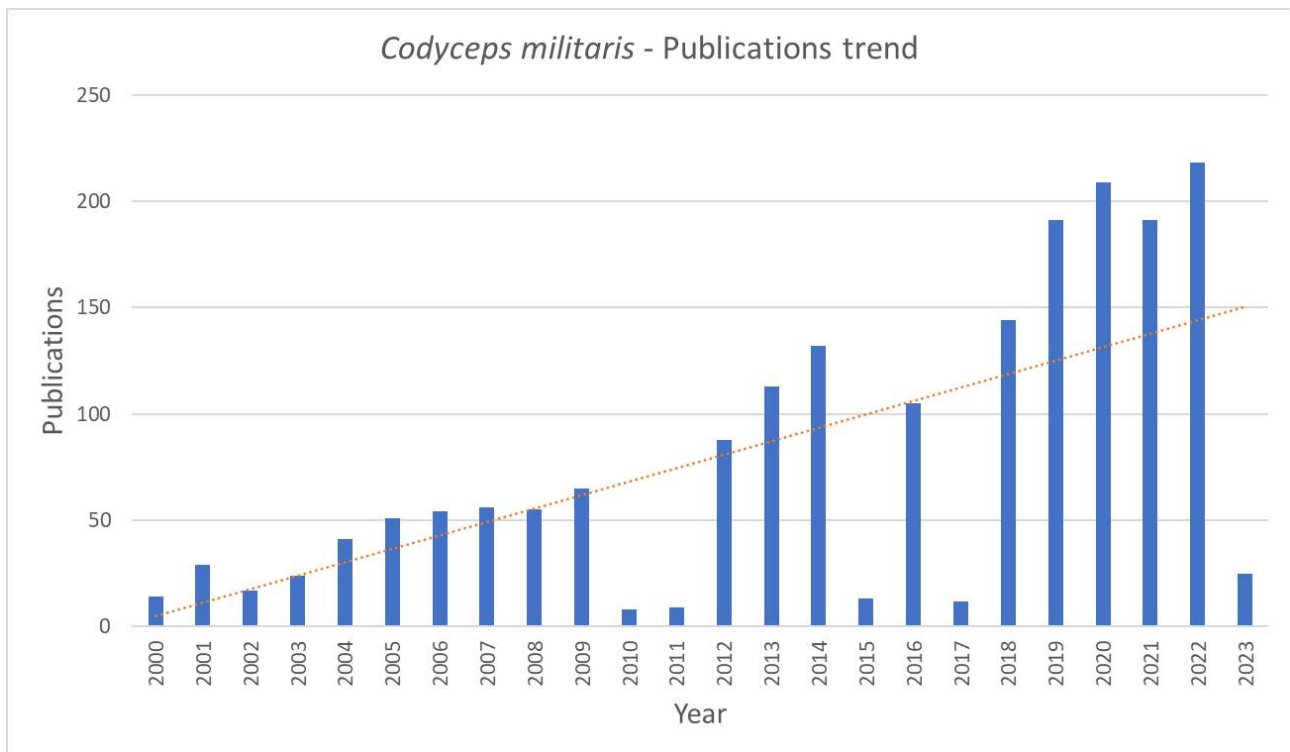
Graph nr 3. *Hericium erinaceus* publications trend (Pubmed)

- (1) <https://academic.oup.com/bbb/article/79/2/211/5939397?login=false>
- (2) <https://pubmed.ncbi.nlm.nih.gov/33176761/>
- (3) <https://www.sciencedirect.com/science/article/abs/pii/S0378874120330798?via%3Dihub>
- (4) <https://pubmed.ncbi.nlm.nih.gov/31413233/>
- (5) <https://pubmed.ncbi.nlm.nih.gov/18844328/>
- (6) <https://www.mdpi.com/1422-0067/15/9/15073>

## 4. Cordyceps

English name	Latin name	Number of publications	Additional properties
<i>Codyceps militaris</i> , Scarlet Caerpillar fungus	<i>Codyceps militaris</i>	<i>Codyceps militaris</i> <b>2141</b>	<ul style="list-style-type: none"> <li>● Reduces inflammation (1)</li> <li>● Has potential in cancer treatment (2)</li> <li>● Effective against chronic kidney disease (3)</li> <li>● Promotes healing after nerve damage (4)</li> <li>● Reduces testicular disfunction (5)</li> </ul>
<p><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"> <li>● Supports immunity (healthy stamina) (6)</li> <li>● Lung health (7), (8)</li> <li>● Sexual health (9)</li> <li>● Kidney health (10), (11),</li> </ul>			

Table nr 4. *Codyceps militaris* (PubMed)



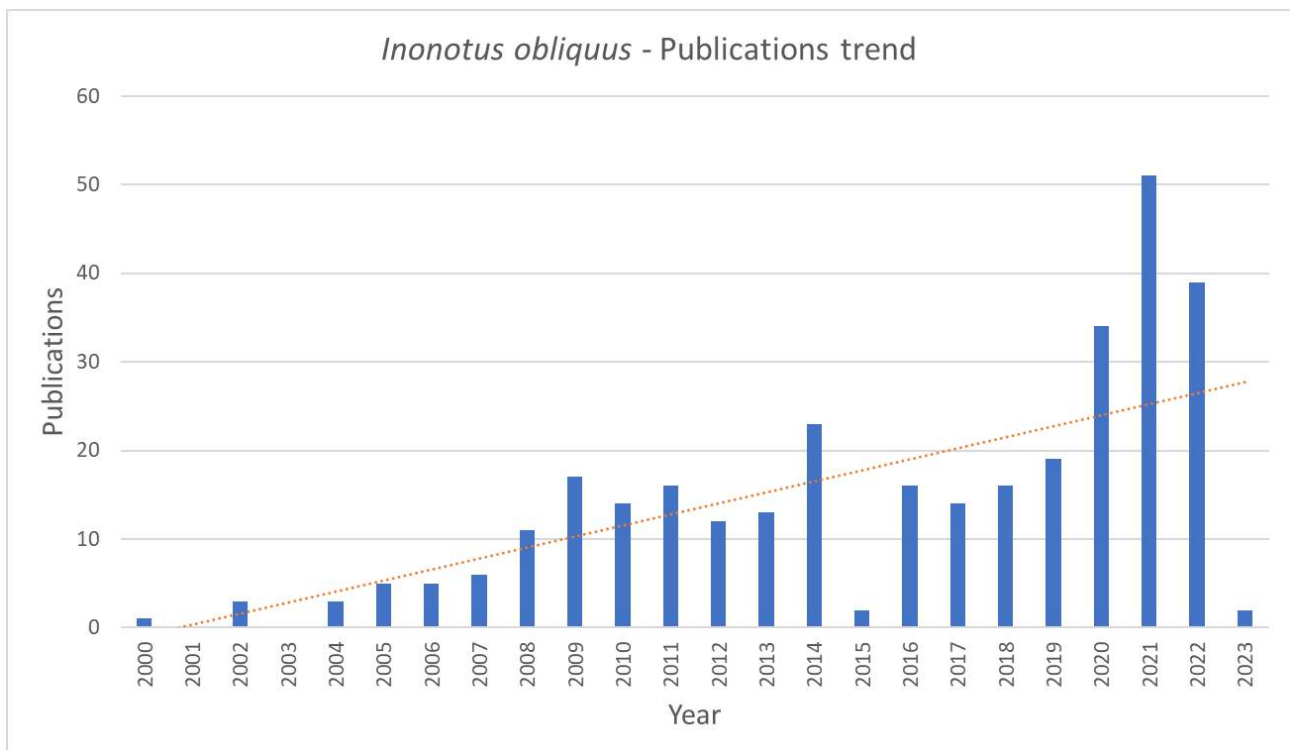
Graph nr 4. *Codyceps militaris* publications trend (PubMed)

- (1) <https://pubmed.ncbi.nlm.nih.gov/31679300/>
- (2) <https://pubmed.ncbi.nlm.nih.gov/32450036/>
- (3) <https://pubmed.ncbi.nlm.nih.gov/25519252/>
- (4) <https://www.e-jer.org/journal/view.php?number=2013600248>
- (5) <https://www.mdpi.com/2072-6643/11/4/906>
- (6) <https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-019-2483-y>
- (7) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5795554/>
- (8) <https://www.sciencedirect.com/science/article/abs/pii/S0378874108000524>
- (9) <https://pubmed.ncbi.nlm.nih.gov/34914281/>
- (10) <https://pubmed.ncbi.nlm.nih.gov/20329604/>
- (11) <https://www.hindawi.com/journals/omcl/2019/7850863/>

## 5. Chaga

English name	Latin name	Number of publications	Additional properties
Chaga	<i>Inonotus obliquus</i>	Chaga mushroom <b>316</b>  <i>Inonotus obliquus</i> <b>312</b>	<ul style="list-style-type: none"> <li>Supports immunity and reduces cancer growth (1)</li> </ul>
<p><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"> <li>Immune health (2)</li> <li>Anti-diabetic effect (3), (4)</li> </ul>			

Table nr 5. *Inonotus obliquus* (PubMed)



Graph nr 5. *Inonotus obliquus* publications trend (PubMed)

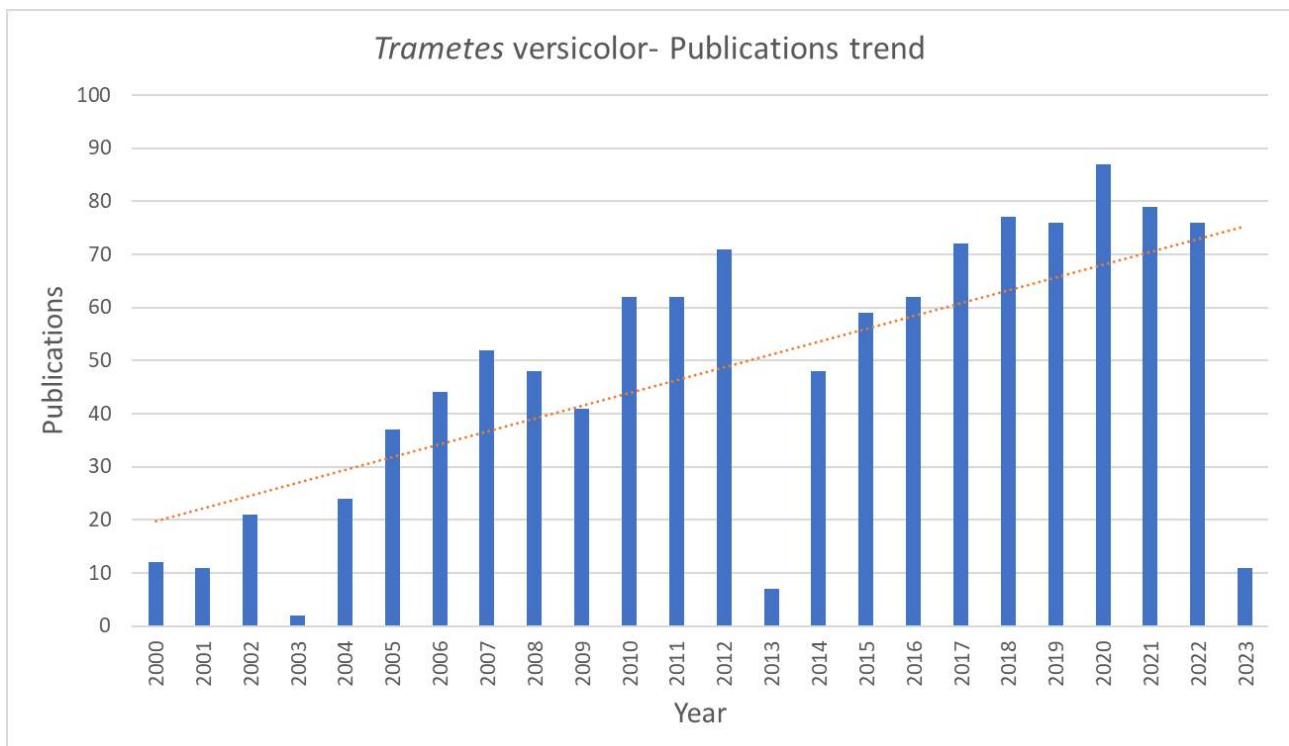
- (1) <https://www.sciencedirect.com/science/article/abs/pii/S0378874115000045?via%3Dihub>
- (2) <https://pubmed.ncbi.nlm.nih.gov/32751371/>
- (3) <https://www.tandfonline.com/doi/abs/10.1080/08923973.2021.2017453?journalCode=iipi20>
- (4) <https://www.frontiersin.org/articles/10.3389/fphar.2021.743931/full>



## 6. Turkey Tail

English name	Latin name	Number of publications	Additional properties
Turkey Tail	<i>Trametes versicolor</i>	Turkey Tail mushroom <b>1049</b>  <i>Trametes versicolor</i> <b>1092</b>	<ul style="list-style-type: none"> <li>• Supports immunity (1)</li> <li>• Rich in antioxidants (2)</li> <li>• Anti-bacterial and anti-inflammatory (3)</li> </ul>
<p><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"> <li>• Supports immunity (1)</li> <li>• Gut health (4)</li> </ul>			

Table nr 6. *Trametes versicolor* (PubMed)



Graph nr 6. *Trametes versicolor* publications trend (PubMed)

- (1) <https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-019-2681-7>
- (2) <https://www.dl.begellhouse.com/journals/708ae68d64b17c52,3d8e7b4f6342518e,4675f12b644a5c81.html>

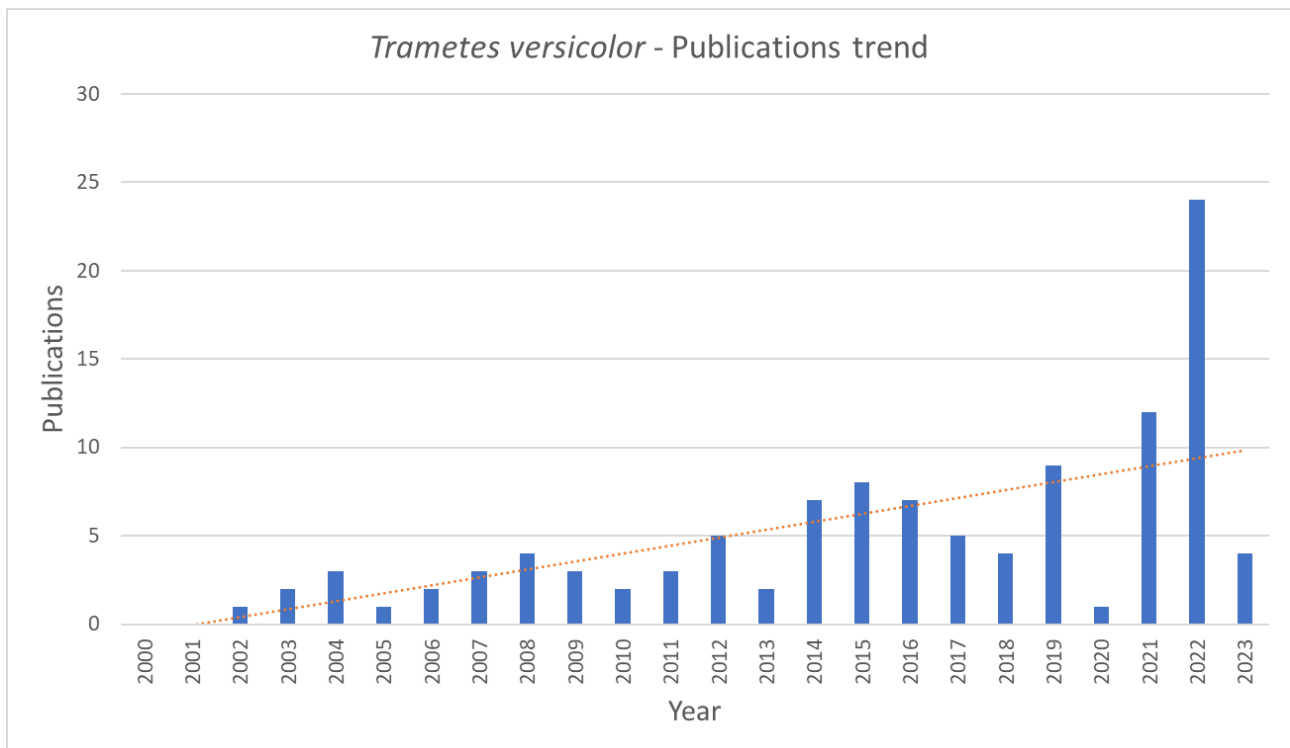
(3) <https://www.mdpi.com/1996-1944/14/24/7640>

(4) <https://www.tandfonline.com/doi/full/10.4161/gmic.29558>

## 7. Snow mushroom

English name	Latin name	Number of publications	Additional properties
Snow mushroom	<i>Tremella fuciformis</i>	Snow mushroom <b>27</b> <i>Tremella fuciformis</i> <b>127</b>	<ul style="list-style-type: none"><li>• Reduces oxidative stress(1)</li><li>• Lowers the oxidation of LDL cholesterol(2)</li><li>• Supports immunityi (3)</li><li>• Potential in treatment in diabete (4), (5)</li><li>• Impruves memory and cognitive functions (6), (7)</li></ul>
<p style="text-align: center;"><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"><li>• Skin health (8), (9), (10)</li><li>• Immunity (11)</li><li>• Cells health (12), (13)</li><li>• Improves cognitive function (14)</li></ul>			

Table nr 7. (PubMed)



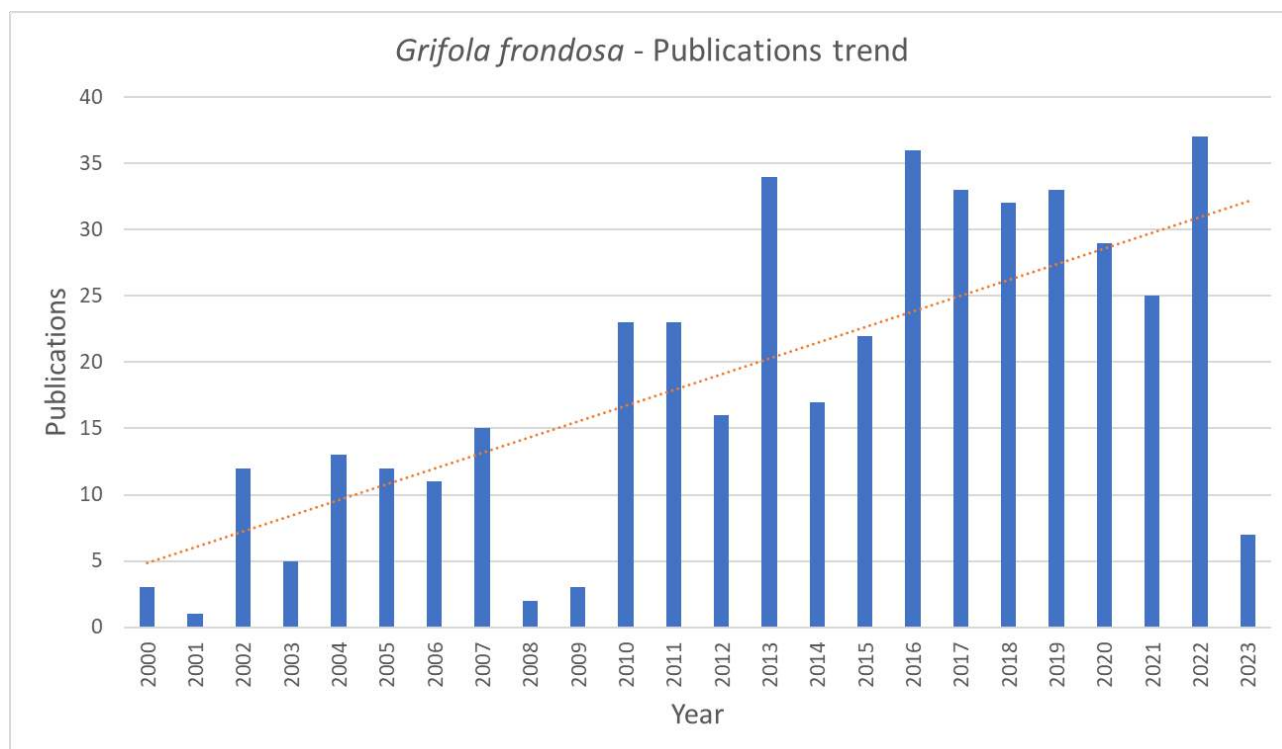
Graph nr 7. (PubMed)

- (1) <https://www.hindawi.com/journals/acp/2018/5762371/>
- (2) [https://ift.onlinelibrary.wiley.com/doi/full/10.1111/1750-3841.12393?casa\\_token=-phLfw518jEAAAAA%3AG5IWJpFzfXrxa9C-6Qa4KSYzMXQbZanwFkg\\_Q2JB\\_vZEpkFOvWEEXZBaLYE8u7D6gPymbgL5EyOcbhL2Q](https://ift.onlinelibrary.wiley.com/doi/full/10.1111/1750-3841.12393?casa_token=-phLfw518jEAAAAA%3AG5IWJpFzfXrxa9C-6Qa4KSYzMXQbZanwFkg_Q2JB_vZEpkFOvWEEXZBaLYE8u7D6gPymbgL5EyOcbhL2Q)
- (3) <https://www.sciencedirect.com/science/article/abs/pii/S0008621596907892>
- (4) <https://pubmed.ncbi.nlm.nih.gov/8014840/>
- (5) <https://ffhdj.com/index.php/ffhd/article/view/133>
- (6) [https://www.sciencedirect.com/science/article/pii/S0166432811008163?casa\\_token=LeH4tofJ\\_xwAAAAA:N0qeL7wXMHMwFSVFc-7ax\\_4AMQhMzAiRwir5SC6Bx7qYWOUv0a5FpnWSAf2GS0W5nNehgohDPwQT](https://www.sciencedirect.com/science/article/pii/S0166432811008163?casa_token=LeH4tofJ_xwAAAAA:N0qeL7wXMHMwFSVFc-7ax_4AMQhMzAiRwir5SC6Bx7qYWOUv0a5FpnWSAf2GS0W5nNehgohDPwQT)
- (7) [https://www.ijstage.jst.go.jp/article/bpb/30/4/30\\_4\\_708/article/-char/ja/](https://www.ijstage.jst.go.jp/article/bpb/30/4/30_4_708/article/-char/ja/)
- (8) <https://www.spandidos-publications.com/10.3892/mmr.2017.6754>
- (9) <https://iv.iarjournals.org/content/36/2/713>
- (10) <https://pubmed.ncbi.nlm.nih.gov/25036131/>
- (11) <https://www.frontiersin.org/articles/10.3389/fphar.2022.944801/full>
- (12) <https://pubmed.ncbi.nlm.nih.gov/27334265/>
- (13) <https://academic.oup.com/jrr/article/53/3/353/968863?login=false>
- (14) <https://sci-hub.hkvisa.net/10.1089/jmf.2017.4063>

## 8. Maitake

English name	Latin name	Number of publications	Additional properties
Maitake	<i>Grifola frondosa</i>	Maitake mushroom <b>509</b> <i>Grifola frondosa</i> <b>491</b>	<ul style="list-style-type: none"> <li>• Anti-tumor activity (1)</li> <li>• Immunological effect (2)</li> <li>• Supports step cellular system (3)</li> </ul>
<p><b>Statements used in products</b> (per 100g of mushroom extract)</p> <ul style="list-style-type: none"> <li>• Healthy digestive function (4), (5)</li> <li>• Liver health (6)</li> <li>• Healthy blood sugar levels (7), (8)</li> </ul>			

Table nr 8. *Grifola frondosa* (PubMed)



Graph nr 8. *Grifola frondosa* publications trend (PubMed)

- (1) <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0173621>
- (2) <https://link.springer.com/article/10.1007/s00432-009-0562-z>
- (3) <https://www.hindawi.com/journals/bmri/2020/8193971/>
- (4) <https://academic.oup.com/jpp/article->

- [abstract/74/9/1296/6585934?redirectedFrom=fulltext&login=false](#)
- (5) <https://www.mdpi.com/1422-0067/20/21/5302>
  - (6) <https://pubmed.ncbi.nlm.nih.gov/8795938/>
  - (7) <https://www.researchgate.net/publication/230637173> Fraction SX of Maitake Mushroom Favorably Influences Blood Glucose Levels and Blood Pressure in Streptozotocin-Induced Diabetic Rats
  - (8) [https://www.istage.jst.go.jp/article/bpb1993/17/8/17\\_8\\_1106/ article](https://www.istage.jst.go.jp/article/bpb1993/17/8/17_8_1106/article)