

Medicinal mushrooms

Medicinal mushrooms are edible fungi that have therapeutic properties. While the earliest documentation of mushroom cultivation was in China, medicinal mushrooms have been used in traditional medicine for centuries by early Egyptian, Greek, Chinese, Mexican, and Roman societies.

Health benefits of medicinal mushrooms

Medicinal mushrooms provide a variety of nutrients, including [protein](#), [fiber](#), selenium, potassium, and vitamins B1, B2, B12, C, D, and E. One of the active components found in many mushrooms is β -glucan, a type of polysaccharide that has been shown to support [immune function](#).

Medicinal mushrooms have a variety of beneficial effects, including:

- Anti-allergic
- Antibacterial
- Anticancer
- Antidiabetic
- Antifungal
- Anti-inflammatory
- Antioxidant
- Antiparasitic
- Antitumor
- Antiviral
- Cardiovascular protective
- Hepatoprotective
- Hypotensive
- Immunomodulating

The health benefits of mushrooms may result from components interacting with the gut [microbiota](#), improving immune cell function, and enhancing the adaptive immune response. Preliminary research suggests that mushroom intake may be associated with [weight management](#), protection against cognitive impairment, and a reduced risk of certain cancers.



Special considerations

Culinary mushrooms and mushrooms sold as dietary supplements are safe to consume. If consuming wild foraged mushrooms, caution should be taken and a knowledgeable mushroom forager or mycologist should be consulted to identify species that are safe for humans.

How to use medicinal mushrooms

Medicinal mushrooms come in various forms as dietary supplements, including liquid extracts, powders, and capsules. Whole fresh or dried mushrooms are also commonly steeped in hot water and consumed as a tea. Consult with your healthcare practitioner and carefully follow directions when incorporating mushroom supplements into your wellness plan.

8 COMMON MEDICINAL MUSHROOMS & potential health effects



Chaga

Inonotus obliquus

- Anticancer
- Antioxidant
- Supports healthy gut microbiota
- Supports immune function

Cordyceps

Ophiocordyceps sinensis

- Antibacterial
- Antihypertensive
- May protect against viral infections
- Sedative
- Supports healthy metabolism & energy production



Lion's Mane

Hericium erinaceus

- Anticancer
- Antidiabetic
- Antihypertensive
- Antimicrobial
- Antioxidant
- Lipid-lowering
- Neuroprotective
- Supports immune function

8 COMMON MEDICINAL MUSHROOMS & potential health effects

Maitake

Grifola frondosa

- Antioxidant
- May have anti-cancer activity
- May help regulate cholesterol & blood pressure
- Supports blood glucose metabolism
- Supports immune function



Oyster

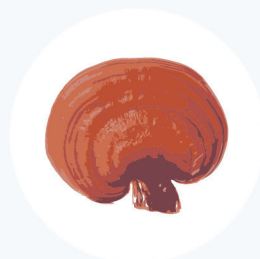
Pleurotus ostreatus

- Anti-atherosclerotic
- Anticancer
- Anti-inflammatory
- Antioxidant
- Supports immune function

Reishi

Ganoderma lingzhi

- Anti-allergic
- Anti-inflammatory
- Antioxidant
- Antiparasitic
- Anti-radiation
- Antitumor
- Supports healthy gut microbiota
- Supports immune function



Shiitake

Lentinula edodes

- Anticancer
- Antimicrobial
- Antioxidant
- Lipid-lowering
- Supports immune function

Turkey tail

Coriolus versicolor

- May have antitumor & antioxidant effects
- Supports immune function



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



References

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

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