Let food be our first medicine ™

Mushroom extracts and Mushroom powders

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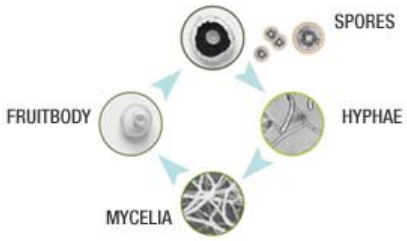
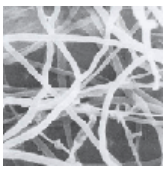
The mushroom lifecycle



View detailed mushroom lifecycle diagram

While there are many types of mushrooms, the basic lifecycle of most mushrooms is similar. Mature mushroom fruitbodies release millions of spores, which germinate to produce hyphae. Different hyphae fuse together to form a network of threads called mycelium. Mycelium then grow to produce mature frutibodies and the mushroom lifecycle starts again.

Mushroom extracts from mycelia



Many medicinally important mushroom products such as PSP from Coriolus[1] can only be produced from mushroom mycelia - the fine threadlike vegetative stage of the mushroom lifecycle.

For example:

- **PSK and PSP from Coriolus Versicolor**[2] - Published pharmacological and clinical research only refers mycelia-derived extracts.
- **LEM from Shiitake** - Researchers typically use LEM (mycelial extract)[3,4] because Lentinan (from the fruit body) is known to be potentially

To cultivate mushroom mycelia in commercial quantities a nutrient base is needed to enable the mycelia to grow.

MYCOPHARMA® cultivates mushroom mycelia at our pharmaceutical grade cultivation facility in a submerged culture on an all-natural nutrient base[7].

This liquid cultivation[8] in pharmaceutical grade sterile fermentors is similar to the technology used to make most antibiotics.

Mushroom extracts from fruit bodies

Other mushroom products such as Reishi[9,10] Lentitnan (Shiitake)[11] can only be produced from mature mushrooms (fruit bodies), not their mycelia forms.

MYCOPHARMA® manages mushroom fruit body production organically with fruit bodies harvested at the precise maturity level needed[12] to ensure maximum content and potency[13] of the active compounds in the mushroom.

Always seek medical advice

Information provided on this website is provided for information purposes only and is not intended to replace advice from a qualified medical practitioner.

For information about medical conditions please consult your doctor.

Mycelia and fruitbodies original research

As the leader in standardised mushroom extracts we believe passionately in sharing information from the growing body of published research on medicinal mushrooms.

This is for education purposes only and MYCOPHARMA® cannot and does not vouch for the accuracy of independent research. To make your own informed decisions please refer to the original

toxic during long term clinical treatment.

- **CS-4 from Cordyceps** - Wild Cordyceps Sinensis (Cs-4) is exorbitantly expensive[5]. Because of this scarcity and cost, fermented mycelia products are more practical to produce[6].

published research about mycelia and fruitbodies.

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