

PROMEDICS BOTANICAL BOOTCAMP

MEDICINAL MUSHROOMS

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
CANCER, CHEMO S/E, ALLERGIES, DYSGLYCEMIA	AGARICUS BLAZEII	4 caps bid away from food (3g per day total)	3 mo rotation, then switch to another mushroom	CI (all mushrooms) – edible mushroom allergy, kids - 4yoa
HEPATITIS B		2 – 5 caps bid away from food (one study used 20g bid for 3 mos)	3 – 12 mos	S/e – cases of induced hepatic dysfunction in cancer patients (could be d/t other factors), cheilitis
CANCER (HEAD & NECK)	CHAGA	3 – 5 caps bid away from food (2 – 5g per day total)	3 mo rotation, then switch to another mushroom	
KIDNEY/LIVER/LUNG SUPPORT ENERGY/ PERFORMANCE/ENDURANCE, ANTI-AGING, CANCER, VIRAL INFECTIONS, DM, INFERTILITY AND IVF	CORDYCEPS	2 – 4 caps bid away from food	3 mo rotation, then switch to another mushroom	Caution – hormone dependent cancers effected by ↑ estro or testo
CANCER, HERPES, CHRONIC FATIGUE, HIV	CORIOLUS PSP & SUPER STRENGTH	3 – 4 caps bid away from food	Cancer: 3mo min HSV: 2mo min	
COLD/FLU PROPHYLAXIS, CONVALESCENCE, IMMUNE MODULATING, CANCER REMISSION	5-MUSHROOM FORMULA	1 – 3 caps bid away from food	1 – 3mo, 1 qd for immune support during cold and flu season	Caution – sensitive skin, use with antihypertensive, sedative and anticoagulant meds s/e – GI upset
NEUROPATHY OR NERVE DAMAGE, MS, DEMENTIA, GASTRITIS/H, PYLORI	LION'S MANE	2 – 4 caps bid away from food	3 – 4mo min	
CANCER, CHEMO, DM, HYPERTENSION, HYPERCHOLESTEROLEMIA	MAITAKE GOLD LIQUID & CAPSULES	4 drops bid	1 – 3mo min	
		1 – 4 caps bid away from food		
ALLERGIES, INFLAMMATION, HYPERTENSION, LIVER, HYPERCHOLESTEROLEMIA, ANTI-AGING, CANCER, INFECTIONS, DM, ALTITUDE SICKNESS	REISHI	2 – 5 bid away from food	2mo min	Caution – use with antihypertensive sedative and anticoagulant meds s/e – GI upset (short term issue)