

# Maitake

## Grifola frondosa



<b>Medicinal Uses</b>	Maitake can help with some cancers, fertility, immune systems and restore hormonal balance by regulating progesterone and improving insulin sensitivity, which is a key symptom for women suffering from conditions such as PCOS. Can be used for bone health as it boosts bone tissue production thanks to the stimulation of osteoblasts. It also increases alkaline phosphatase and supports bone mineralization
<b>Also known as</b>	The King of mushrooms, Dancing mushroom, Cloud mushroom, Sheeps head, Hui Shu Hua, Hen of the woods
<b>Habitat &amp; season</b>	Grows at the base of trees, particularly oaks and maples. Found late summer to early autumn in China, Europe and North America
<b>Identification features</b>	Maitake has circular clusters of wavy caps and grows in shelf-like formations at the base of hardwood and softwood trees. It can grow up to three feet wide and can weigh as much as 50 pounds
<b>Interesting</b>	A firm favourite with chefs as they are generous, earthy and tasty and foragers love finding them as they bring joy and even get people dancing in the woods
<b>Available in</b>	<ul style="list-style-type: none"><li>• Personal blends for clients - especially women</li><li>• Myco4 Functional blend: Happy Hormones, Smooth Moves and Immune Boost</li><li>• Dispensary Powder</li></ul>
<b>Warning</b>	Maitake mushroom could lower blood pressure especially when taken with some medications - always check with your health professional

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## Research

Wo, 2021. Bioactive Ingredients and Medicinal Values of Grifola frondosa (Maitake)

Cronkleton, 2017. Everything You Should Know About Maitake Mushroom

Chen et al, 2010. Maitake mushroom (Grifola frondosa) extract induces ovulation in patients with polycystic ovary syndrome: a possible monotherapy and a combination therapy after failure with first-line clomiphene citrate