

# Shitake

*Lentinula edodes*



## Medicinal Uses

Shiitake can slow the growth of cancer, they are great for your heart and general health, they contain eritadenine, a compound known to reduce cholesterol levels in the blood especially as an adjunct to statins. Beneficial effects for Hepatitis B, HIV and Candida

## Also known as

Xiang Gu, Oakwood mushrooms, Forest mushrooms, Black forest mushrooms, Sawtooth oak mushroom

## Habitat & season

Grows on decaying deciduous trees in Southeast Asia, particularly chestnut, oak, maple, beech, sweetgum, poplar, hornbeam and ironwood. Most are cultivated on logs

## Identification features

Tan or brown umbrella shaped cap with white cream gills. Grows between 5 and 15 cm in diameter. The stem is white but can go brown as it matures

## Interesting

Shiitake are farmed all over the world but 80% of the global market are produced in Japan. They are widely available next to White button mushrooms. Shiitake are a great edible mushroom packed with nutrients and taste delicious.

## Available in

Personal blends  
Myco4 Functional blend: Immune Boost  
Dispensary powders

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## Research

Jennings, 2023. Why Shiitake Mushrooms Are Good For You

Shin et al, 2019. The Effects of AHCC®, a Standardized Extract of Cultured *Lentinula edodes* Mycelia, on Natural Killer and T Cells in Health and Disease: Reviews on Human and Animal Studies