

# FRILABIOL

## Immune defense



### Reishi

Eastern medicine makes extensive use of various plants and mushrooms, among which Reishi is particularly renowned.

It is associated with several potential health benefits, including:

- Strengthening the immune system
- Supporting the fight against cancer

However, concerns have recently been raised regarding its safety of use.

Reishi, also known as *Ganoderma lucidum* or lingzhi, is a mushroom that grows in warm, humid environments in Asia.

It has been a cornerstone of traditional Eastern medicine for many years.

This mushroom contains several bioactive compounds, including:

- Triterpenoids
- Polysaccharides
- Peptidoglycans

These compounds may be responsible for its biological effects.

Reishi can be consumed fresh, but it is more commonly used in powdered form or as concentrated extracts containing these specific molecules.

Reishi may enhance immune function by acting on white blood cells, which play a key role in defending the body against infections and cancerous cells.

This effect appears to be more pronounced in individuals who are ill, while results are more variable in healthy people.



### EFFICACY AND INDICATIONS

- Reishi shows promising potential in cancer prevention or as a supportive measure during cancer treatment.
- However, more data is needed before it can be integrated into standard therapeutic protocols.
- It may nevertheless be used as a complement to conventional treatments in certain cases.
- Preliminary studies suggest that Reishi may help reduce anxiety and depression, and improve quality of life in people suffering from specific conditions.
- Some research also indicates that it may improve levels of "good cholesterol" (HDL) or help regulate blood sugar levels.