

## Reishi Studies Published

A number of studies have recently been published regarding the use of reishi mushroom, *Ganoderma lucidum*. Each of the studies is summarized below.

### Study 1

Summary: This article addresses the major composition, and preclinical and clinical evidence that support the preventive effects of *Ganoderma* mushroom, and discusses two possible mechanisms.

### Reference

Gao Y, Zhou S. Cancer prevention and treatment by *Ganoderma*, a mushroom with medicinal properties. *Food Reviews Intl* 2003;19(3):275-325.  
(full study available by request)

### Study 2

Summary: The purpose of this study was to evaluate the biologic activity of samples of *Ganoderma lucidum* from different sources. *Ganoderma lucidum* has demonstrated strong activity against the proliferation of unhealthy cells.

### Reference

Sliva D, Sedlak M, Slivova V, Valachovicova T, Lloyd FP Jr, Ho NW. Biologic activity of spores and dried powder from *Ganoderma lucidum* for the inhibition of highly invasive human breast and prostate cancer cells. *J Altern Complement Med*. 2003 Aug;9(4):491-7.

### Study 3

Summary: *Ganoderma lucidum*, as a dietary supplement, was evaluated to determine the effectiveness for modulating the behavior of highly invasive unhealthy human breast cells. The study demonstrated that *Ganoderma lucidum* inhibits cell adhesion, and cell migration.

### Reference

Slivova V, Valachovicova T, Jiang J, Sliva D. *Ganoderma lucidum* inhibits invasiveness of breast cancer cells. *J Int Med*. 2004;2(1).