

MAITAKE DEFENSE

Supports Healthy Immune System Function *

ALCOHOL-FREE CONCENTRATED EXTRACTS OF: FORMULA

	MG EXTRACT PER 2 CAPSULES
Cordyceps Mushroom (<i>Cordyceps sinensis</i>)	100 mg
Reishi Mushroom (<i>Ganoderma lucidum</i>)	50 mg
Chaga Mushroom (<i>Inonotus obliquus</i>)	50 mg
Maitake PD Fraction (<i>Grifola frondosa</i>)	10 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Total Polysaccharides (including Beta-Glucans)	20 mg
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PRODUCT DESCRIPTION

Currently, there are several species of mushrooms, once utilized as traditional folk medicines, under critical study by medical researchers. Among the most impressive are Maitake, Reishi, Chaga, and Cordyceps are prominent among those being researched for their potential immune-enhancement properties. Maitake Defense combines the most widely researched and potent medicinal mushrooms. Our synergistic blend of highly concentrated extracts of Maitake, Reishi, Cordyceps, and Chaga mushrooms represents genuine potency and bioactivity.*

Indigenous to northeastern Japan, Maitake mushrooms typically grow at the foot of Oak trees in clusters that resemble fluttering butterflies. This resemblance led the Japanese to refer to this type of mushroom as Maitake, which means "dancing mushroom." Maitake's primary use within traditional Chinese and Japanese medicine centers around its ability to enhance the immune system. In particular, this mushroom includes a beta-glucan polysaccharide known as grifolan. Grifolan is credited for rousing macrophages, natural killer cells, interleukin-1 and -2, and T-cells within the immune system.*

For more than 2,000 years, Chinese and Japanese medicine have venerated Reishi as nature's best mushroom. This ancient mushroom helps regulate the immune system, eliminate free radicals, and protect normal liver function. Several of its constituents, such as its water-soluble polysaccharides, polysaccharide-peptide complex, and polyphenols, lend Reishi its powerful antioxidant properties.*

Chaga mushroom supports healthy immune function in a similar fashion to other popular mushrooms such as Shiitake and Maitake. What sets this particular mushroom apart is its affinity for birch trees in northern Scandinavia, Russia, and Canada. It derives its nutrients directly from living birch trees, rather than from the ground. As a result, it is particularly high in betulinic acid. This phytochemical, isolated from birch trees, demonstrates significant immune-supporting actions and has an affinity for tissues that have a lower pH. Typically, unhealthy joint tissue will maintain a lower pH, attracting this potent phytochemical to that area. As such, it supports proper immune function where it is needed most.*

DOSAGE

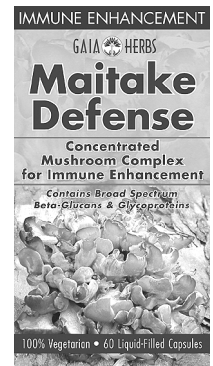
Liquid Phyto-Caps: Take 1 capsule, 2 times.

DURATION OF USE

3 months

BEST TAKEN

Between meals, with warm water



Hailing from the plateaus of China, Tibet, and Nepal, Cordyceps is another mushroom highly valued for its ability to support immune function. Research indicates Cordyceps provides a wide range of defense. This mushroom works by stimulating natural killer cells, enhancing interferon-gamma and interleukin-1 levels, while boosting T-helper cells and lymphocytes, and fueling blood's mononuclear cells.*

By combining the most studied mushrooms into one formula Maitake Defense Liquid Phyto-Caps represents a broad, full-spectrum, immune supporting formula intended to enhance the vitality of our cellular resistance. Utilizing the most specific extraction techniques the formula delivers highly concentrated extracts of Maitake, Reishi, Cordyceps, and Chaga mushrooms representing the best in genuine potency and bioactivity the herbal industry has to offer.*

*Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

SAFETY EVALUATION/CONTRAINDICATIONS

Before using this product, talk with your healthcare professional if you suffer from a medical condition. Please visit www.gaiaherbs.com to obtain information regarding potential contraindications and/or side effects that may be associated with herbs found in this formula.*

KNOWN DRUG INTERACTIONS

Before using this product, talk with your healthcare professional if you take any medications. Please visit www.gaiaherbs.com to obtain information regarding any possible drug interactions that may be associated with herbs found in this formula.*

REFERENCES

Nanba H. Activity of Maitake. *Ann N Y Acad Sci* 1995;768:243-5.

Yoon SY, Eo SK, Kim YS, et al. AB activity of *Ganoderma lucidum* extract alone and in combination. *Arch Pharm Res* 1994;17:438-42.

Park YK, Lee HB, et al. Chaga mushroom extract inhibits oxidative DNA damage in human lymphocytes as assessed by comet assay. *Biofactors* 2004;21(1-4):109-12.

Zhu JS, Halpern GM, Jones K. *The scientific rediscovery of an ancient Chinese herbal medicine: Cordyceps sinensis: part I.* *J Altern Complement Med* 1998;4:289-303.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.