



# M/R/S Mushroom Formula

## What Is It?

Pure Encapsulations M/R/S Mushroom Formula provides a dynamic combination of maitake, reishi, and shiitake mushrooms for promoting optimal immune system health and exceptional broad-spectrum physiological support.\*

## Features Include

- Maitake Mushroom Extract, containing the polysaccharide beta-d-glucan, a unique compound believed to be one of the most powerful for enhancing healthy defense system mechanisms. Maitake has also been shown to promote proper lipid metabolism in the liver. In addition, maitake encourages healthy cardiovascular functioning. Studies also suggest that maitake may contain substances that offer blood glucose support.\*
- Reishi Mushroom Extract, promoting optimal immune cell responses and proper enzyme activity in cells, including liver cells. The polysaccharides contained in reishi may also support healthy lipid metabolism.\*
- Shiitake Mushroom Extract, providing a concentrated source of polysaccharides, peptidomannan, and lignin derivatives, factors that provide high-capacity immunomodulating support. Furthermore, shiitake may have cardiovascular and liver support properties.\*

## Uses For M/R/S Mushroom Formula

**Immune System Support:** M/R/S Mushroom Formula is a powerful combination of shiitake, reishi, and maitake mushrooms for promoting optimal immune system and cellular health.\*

**Additional Support:** M/R/S Mushroom Formula also provides exceptional broad-spectrum physiological support, including for the cardiovascular system and the liver.\*

## What Is The Source?

Shiitake mushroom extract, *Lentinus edodes*, standardized to contain 6% polysaccharides (whole plant body); Reishi mushroom extract, *Ganoderma lucidum*, standardized to contain 10% polysaccharides and 4% triterpenes (whole plant body); Maitake mushroom extract, *Grifola frondosa*, 4:1 extract (whole plant body); vitamin C (ascorbyl palmitate) (corn dextrose fermentation).

## Recommendations

Pure Encapsulations recommends 1–2 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

Mild gastrointestinal upset, dry mouth and throat, dizziness, and nosebleeds have been reported in rare cases with the use of reishi mushroom.

## Are There Any Potential Drug Interactions?

Reishi mushroom extract is not recommended for those taking blood thinning medications.

### M/R/S Mushroom Formula

#### each vegetable capsule contains



shiitake mushroom extract ( <i>Lentinus edodes</i> ) ..... 250 mg. (whole plant body) (standardized to contain 6% polysaccharides)	
reishi mushroom extract ( <i>Ganoderma lucidum</i> )..... 250 mg. (whole plant body) (standardized to contain 10% polysaccharides and 4% triterpenes)	
maitake mushroom extract ( <i>Grifola frondosa</i> ) ..... 250 mg. (whole plant body) (4:1 extract)	
vitamin C (as ascorbyl palmitate) ..... 8 mg.	
<b>1–2 capsules per day, in divided doses, with meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.