

# SHIITAKE *Honey Pearls*



100% Organic Mushrooms  
hand rolled with organic honey.

## *Benefits >*

Shiitake mushrooms are immune boosting,  
highly nutritious and anti-inflammatory.

Pure Mushrooms	✓
Maximum Potency	✓
Traditionally Prepared	✓
Australian Certified Organic	✓
Hand Made in Australia	✓



## *For people who >*

- Need an immune system boost
- Wish to increase their nutritional intake
- Seek to reduce inflammation in the body

## *Serving Suggestions >*

Simply chew, then swallow 3 pearls with warm water 3 times daily, or as otherwise directed by your health care professional.

## *Ingredients:*

Organic Lentinula Edodes (Shiitake), Organic Honey.

## *Honey Pearls are >*

Whole, raw, organic mushrooms lovingly hand rolled with organic honey creating a slow release, power-charged, bite sized boost.

Based on traditional preparation methods used by herbalists for thousands of years, honey pearls significantly increase the bioavailability of herbs. The honey pearls slowly release the mushrooms into the blood stream, making the active constituents more potent than other preparation methods, like extracts and tinctures.

## Traditional Understanding >

Shiitake mushrooms have been used in traditional Chinese medicine for millennia. They are also part of the medical traditions of Japan, Korea, and Eastern Russia [3].

In Chinese medicine, shiitake are thought to boost health and longevity, as well as improve circulation, along with nourish blood, replenish Qi, and support the immune system [3].

## Let's Get Technical >

Shiitake mushrooms contain a selection of beneficial compounds that can boost your immune system, lower cholesterol, support heart health [1].

They contain high levels of polysaccharides that are capable of enhancing your immune system [2]. These polysaccharide compounds contain lentinans and other beta-glucans, which can boost the production of white blood cells. These compounds also possess anti-inflammatory properties [1].

PURE Mushrooms

Australian Certified  
ORGANIC



[1] Jong, S. C., & Birmingham, J. M. (1993). Medicinal and therapeutic value of the shiitake mushroom. *Advances in applied microbiology*, 39, 153-184.

[2] Cheung, P. C. (Ed.). (2008). *Mushrooms as functional foods*. John Wiley & Sons.

[3] Finimundy, T. C., Dillon, A. J. P., Henriques, J. A. P., & Ely, M. R. (2014). A review on general nutritional compounds and pharmacological properties of the *Lentinula edodes* mushroom. *Food and Nutrition Sciences*, 2014.