

therabio



# The Powerful Antioxidant

See the uniqueness of Beta D-glucan  
in different types of mushrooms.

# mush-E9

Mushroom-Essence9  
The multi-mushrooms mix powder



MS 1500  
1.033-03/2017



ISO:  
22000





# What makes mushrooms so special?

Mushroom is a very unique species, it does not belong to the plant or animal kingdom, but of fungi specifically. According to anthropologists, the usage of mushroom in diet could be traced back at almost 20,000 years ago during the stone age time. Since then, mushrooms were widely being used as a special diet in almost every civilisation. For instant, mushrooms were regarded as the food to enhance warriors' energy in the battle, whereas for the Romans, mushrooms were perceived as "Food of the Gods", and in the Chinese till this day, treasured mushrooms as "elixir of life" which pose high medicinal value.

With the advancement of modern research, scientists reveal that the uniqueness of mushrooms particularly in the medicinal aspect come from the mycelium, which contains countless substances that are beneficial to human health, including polysaccharides, sterols, antioxidant enzymes as in superoxide dismutase (SOD), polyphenols, flavonoids, let alone those macro nutrients like protein peptides. Of all the substances, Beta D-glucans caught the researchers' attention the most.

Researchers are fascinated  
over the findings of the  
mushroom Beta D-glucan  
in following subjects:



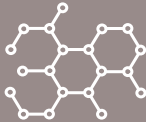
Anticancerous



Immunomodulatory



Hepatoprotective



Antioxidative



Cardioprotective



Antimicrobial

The Beta D-glucan in each type of mushroom is unique. It protects our body in a specific way, nevertheless, all are powerful antioxidant agent.

## Shiitake Mushroom

**Clinical studies indicate that Shiitake mushroom has overall immunity enhancement effect in human.**

- \* Increased in Natural Killer-T cell
- \* Increased in  $\gamma\delta$ -T cell
- \* Increased in immunoglobulin A (sIgA) for improved gut immunity
- \* Increased in interleukin-4, -10 which are the anti-inflammatory cytokines
- \* Reduction in C-reactive protein (CRP) which implies lower inflammation



## Maitake Mushroom

**It has been crowned as King of Mushroom in East Asia and widely being used as medicinal food in Japan and China. The  $\beta$ -glucan of maitake mushroom particularly the D-segment has been widely studied for its medicinal value.**

- \* Suppresses the growth and reproduction of cancerous cells
- \* Lowers cholesterol level
- \* Anti-diabetic effect
- \* Enhances immunity by improving white blood cell functions, e.g., natural killer cell
- \* Promote cardiovascular and bone health as it is rich in Vitamin D



## Reishi Mushroom

**The use of Reishi Mushroom can be dated as early as 2000 AD as a food for longevity.**

- \* Contains wide spectrum of micro and macro nutrients ranging from protein to minerals and vitamins
- \* Enhances immunity by increasing Natural Killer (NK) cells activity
- \* Increase lymphocyte function that helps to fight infection and carcinogenic cells
- \* Reduction of size and number of tumours in colon
- \* Reduces fatigue and depression
- \* Increases good cholesterol HDL but reduces triglycerides



## Antrodia Mushroom

A new kid on the block discovered by Taiwanese researcher on it's medicinal property, Antrodia mushroom has been used by the Taiwan aborigines as a remedy for alcohol toxicity.



- \* More than 80 substances that pose medicinal function have been discovered.
- \* Liver protection, detoxifying effects in the liver
- \* Anti-inflammatory
- \* Antioxidant
- \* Dermatological protection – anti-itch
- \* Neuroprotectant

## Lion's Mane Mushroom

This unique mushroom has a nick name of "smart mushroom" as it supports neurological and cognitive health.



- \* Stimulates synthesis of nerve growth factor and brain-derived neurotrophic factor
- \* Lack of nerve growth factor is associated with memory loss
- \* Enhances immunity

## Turkey Tail Mushroom

This mushroom has been used by the eastern countries like Japan and China for thousand years. Like other mushrooms, it is also rich in polysaccharides especially the polysaccharide K (PSK)



- \* Support healthy inflammatory response
- \* More than 40 types of flavonoids that function as antioxidant to enhance immunity

## Blazei Mushroom

Like almost all kind of mushrooms, Almond mushroom also contains  $\beta$ -glucan which shows promising results in anti-carcinogenic studies

- \* Regulates leukemia cancer cell death.
- \* Anti-angiogenic property on tumour cell which causes retardation on cancer tumour growth.
- \* Protect human DNA from being damaged by oxidation stress



## Button Mushroom

The most common mushroom which is also known as white mushroom.

- \* Antioxidant
- \* Anti-aging
- \* Anti-tumour
- \* Cardiovascular health
- \* Enhances immunity by activating macrophages and NK Cell



## Cordyceps Mushroom

Cordyceps is a high-value traditional Chinese herbs originally found in Highland of Tibet.

- \* Contains Cordycepin substance which is a powerful anti-tumour agent.
- \* Increases production of ATP which uplift the overall energy in the body
- \* Anti-aging property





**mush-E9** is a blend of 9 types of both nutritious and delicious mushrooms. Mushrooms are naturally rich in powerful antioxidants which neutralize free radicals in the body. The antioxidants are mainly found in the bodies and the mycelium of the mushrooms.

Beta Glucan is another powerful substance found in mushrooms. The beta glucan is also well-known in reducing the free radicals. Mushroom is very unique, it doesn't belong to the plant or animal kingdom, but a kingdom of fungi specifically. Mushroom has becoming part of human health food for centuries due to its special aroma and nutrient rich properties.

## Consumption suggestion:

### ■ For general consumption:

☀ 1 sachet once a day every morning before meal.  
Take directly or mix with beverages

### ■ For boosting up energy:

☀ 1 sachet in the morning before meal and  
🌙 1 sachet at night before sleep.  
Take directly or mix with beverages

### Note:

- Drink sufficient water for better absorption
- Due to the natural properties of the ingredients, its colour, flavour and sweetness may vary slightly for every batch
- No added sugar in this product.

## INGREDIENTS / RAMUAN:

Shiitake Mushroom, Maitake Mushroom, Blazei Mushroom, Lion's Mane Mushroom, Turkey Tail Mushroom, Cordyceps Mushroom (Flower), Reishi Mushroom, Antrodia Mushroom, Button Mushroom, Brown Rice Powder, Millet Powder.

Nutrition Facts 营养成分:		
Per Serving: 4g   Serving per Box : 30		
	Per 4 gm	Per 100 gm
Energy 热量 (kcal)	14.2	356
Carbohydrate 碳水化合物 (g/克)	3.2	79.7
Protein 蛋白质 (g/克)	0.3	7.9
Fat 脂肪 (g/克)	0	0.6
Sodium 钠 (g/克)	0	0



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