



## STUDIES & RESEARCH

### Studies and Research for IMMUNE 5+™



#### Mushrooms & Immunity

In [a] [study](#)... one group of individuals ate cooked white button mushrooms every day for a week. After a week of mushrooms, IgA secretion jumped 50% and even stayed up there for a week after the group stopped the shrooms, before falling back to baseline.

#### Immune Modulation from Five Major Mushrooms: Application to Integrative Oncology

As the treatment of various cancers continues to evolve, mushrooms should be considered as an adjunct therapy. As with any phytochemical, the dose, concentration, absorption, and extraction methods play a role in the pharmacological effects, and these factors will be important in future studies.

