

MUSHROOM GURU

GanodermaGOLD™

AILMENTS & SPECIES REFERENCE BOOKLET

*A practitioner and patient reference guide to the
therapeutic mechanisms, ailments, and species
of the Medicinal Mushroom Chart*

Pre-clinical validation:
Prof. Vaclav Vetvicka PhD — University of Louisville, KY — 2018
Formulated by Craig Fourie — Mushroom Guru (Pty) Ltd
shop.mushroomguru.co.za

The mushroom is the teacher.

01 ANTI-BACTERIAL

Supporting the body's defenses against bacterial infection

Bacterial infections — from common skin infections to deep-tissue and respiratory pathogens — place a heavy demand on the immune system's clearance machinery. Chronic exposure or recurrent infections indicate a compromised neutrophil response.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ addresses bacterial challenge by priming myeloperoxidase (MPO) — the neutrophil enzyme that uses hypochlorous acid to oxidize and destroy bacterial cell walls. The 238x IL-2 surge activates the T-cell cascade, while the 51% phagocytosis increase ensures neutrophils are actively engulfing and clearing pathogens. Ganoderic acids additionally inhibit multiple bacterial strains directly. This is a full-spectrum antibacterial response — not antibiotic competition, but immune restoration.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk · Shiitake · Artist Conk · Oregon Polypore · Pearl Oyster · Zhu Ling · Amadou · Agrikon

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg MG-LZ8™ daily (1 capsule). Taken morning, before food.

For more severe or active conditions:

Targeted Therapy Drops — begin at 8 drops twice daily (5mg per drop = 40mg per dose). Self-regulate upward as needed. The 480-drop bottle allows precise dose management. Sublingual hold for 60 seconds for maximum absorption via CHD-FA™.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

02 ANTI-CANDIDA

Targeting fungal overgrowth and dysbiosis

Candida overgrowth (candidiasis) thrives in environments of immune suppression, antibiotic overuse, and high-sugar dietary patterns. Symptoms range from recurrent oral or vaginal thrush to systemic fatigue, brain fog, and gut dysbiosis.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ addresses candida through a two-pronged approach: direct antifungal triterpene activity (Ganoderic acids disrupt fungal membrane integrity) and restoration of immune surveillance. The prebiotic polysaccharide matrix simultaneously rebalances gut microbiome composition, restoring the bacterial competition that normally keeps Candida in check. The LZ-8 protein restores tight junction integrity in the gut wall — closing the barrier that Candida exploits to transition from commensal to pathogen.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk · Shiitake · Split Gill Polypore

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg MG-LZ8™ daily. Pair with dietary reduction of refined sugars.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Sublingual delivery ensures rapid systemic distribution. Gut barrier restoration accelerates with sustained high-density dosing.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

03 ANTI-INFLAMMATORY

Modulating chronic and acute inflammatory cascades

Chronic inflammation is the common driver of virtually every degenerative disease — from cardiovascular disease and diabetes to autoimmune conditions, neurological decline, and cancer. It is not a disease itself but a persistent dysfunctional state of immune activation.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ is one of the most comprehensively anti-inflammatory agents in the natural world. Ganoderic Acid A suppresses NF-κB — the master transcription factor controlling TNF-α, IL-6, and IL-1β. COX-2 inhibition reduces prostaglandin production. MMP-3 and MMP-13 inhibition protects extracellular matrix from inflammatory destruction. LZ-8 protein switches from pro-inflammatory (pathogen defense) to anti-inflammatory (tissue context) depending on the biological environment — intelligent modulation rather than blanket suppression.

OTHER SPECIES THAT ALSO ADDRESS THIS

Lion's Mane · Cordyceps · Chaga · Reishi — Conk · Turkey Tail · Maitake · Shiitake · Mesima · Birch Polypore · Pearl Oyster · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Measurable CRP and IL-6 reductions typically visible by Day 30.

For more severe or active conditions:

Targeted Therapy Drops — 8–24 drops twice daily. Sublingual CHD-FA™ delivery crosses the blood-brain barrier via GA-A for neuroinflammatory conditions. Reassess inflammatory markers at Day 30 and Day 90.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

04 ANTI-OXIDANT

Protecting cells from oxidative stress and free radical damage

Oxidative stress occurs when free radical production outpaces the body's antioxidant defenses. Accumulated oxidative damage drives ageing, mitochondrial dysfunction, cardiovascular disease, and neurodegeneration.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ delivers antioxidant protection across multiple organ systems simultaneously. The 400-compound bioactive matrix includes phenolics, sterols, and LZ-8 protein providing systemic free radical scavenging. Ganoderic acids directly protect hepatic cells from oxidative damage. Unlike single-compound antioxidants (Vitamin C, E), the compound diversity of MG-LZ8™ addresses multiple oxidative pathways at once — protecting mitochondria, cell membranes, DNA, and circulating proteins.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Chaga · Reishi — Conk · Turkey Tail · Maitake · Royal Sun Blazei · Artist Conk · Shiitake · Mesima · Birch Polypore · Pearl Oyster · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily as ongoing cellular protection.

For more severe or active conditions:

Targeted Therapy Drops — Sublingual delivery concentrates low-molecular-weight antioxidant compounds directly into the bloodstream, bypassing first-pass hepatic metabolism.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

05 ANTI-TUMOUR

Supporting immune surveillance and tumour cell recognition

Tumour development depends on immune evasion — cancer cells suppress the body's search-and-destroy mechanisms. Restoring immune surveillance, NK cell activity, and targeted cytokine signalling creates the conditions for the body to identify and address aberrant cell growth.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ does not act as a cytotoxic agent — it does not kill cancer cells directly. It restores the immune infrastructure that does. The 238× IL-2 surge recruits and activates T-cells. The 51% phagocytosis increase activates macrophage clearance. Ganoderic Acid T targets Galectin-1 — the protein tumour cells use to mask themselves from NK cells. mTOR inhibition regulates the innate immune response. MMP-9 inhibition prevents metastatic spread. Dectin-1 and TLR receptor binding activates NK cells. Pre-clinical trial confirmed zero stimulation of four cancer cell lines.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Chaga · Reishi — Conk · Turkey Tail · Maitake · Royal Sun Blazei · Amadou · Agrikon · Artist Conk · Oregon Polypore · Shiitake · Mesima · Birch Polypore · Pearl Oyster · Zhu Ling · Split Gill Polypore

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily as ongoing immune surveillance support.

For more severe or active conditions:

Targeted Therapy Drops — sustained high-density protocol. 8–24 drops twice daily. Sublingual for maximum bioavailability. No known contraindications at any tested concentration. Use alongside, not instead of, oncology care.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

06 ANTI-VIRAL

Strengthening innate immune response to viral pathogens

Viral infections — from common respiratory viruses to persistent latent infections — require a rapid, coordinated innate immune response. Depleted immune reserves, chronic stress, and inflammatory overload all impair the body's ability to mount an effective antiviral defense.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ activates the immune cascade through multiple antiviral pathways: Dectin-1 and TLR receptor stimulation triggers innate immune activation within hours. Ganoderic Acid T modulates mTOR — a key regulator of the viral immune response pathway. The 238× IL-2 cytokine surge provides the T-cell signalling required for viral clearance. The LZ-8 protein re-activates immune cells suppressed by chronic viral load. The combination of neutrophil priming and NK cell activation via beta-glucans creates both the first-line and second-line antiviral response simultaneously.

OTHER SPECIES THAT ALSO ADDRESS THIS

Lion's Mane · Cordyceps · Chaga · Reishi — Conk · Turkey Tail · Maitake · Shiitake · Mesima · Birch Polypore · Pearl Oyster · Chicken of the Woods · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily for ongoing antiviral immune maintenance.

For more severe or active conditions:

Targeted Therapy Drops — escalate to 16–24 drops twice daily at first sign of viral illness. Sublingual delivery activates within 48 hours (pre-clinical phagocytosis data).

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

07 BLOOD PRESSURE

Supporting healthy cardiovascular tone and vascular flexibility

Elevated blood pressure (hypertension) is driven by arterial stiffness, chronic inflammation of vessel walls, adrenal overactivation, and elevated cortisol. It is as much an inflammatory and hormonal condition as a cardiovascular one.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ addresses blood pressure through three converging pathways: Ganoderic acids inhibit ACE (angiotensin-converting enzyme), directly reducing vasoconstriction. HPA axis modulation reduces cortisol-driven adrenal hypertension. Anti-inflammatory activity reduces vascular wall inflammation. The fibrinolytic enzyme activity improves blood viscosity and micro vessel patency. Ganoderic acids also improve lipid profiles, reducing the atherosclerotic contribution to hypertension.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Chaga · Reishi — Conk · Maitake · Shiitake · Pearl Oyster · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Monitor blood pressure at Day 30 and Day 90.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Note fibrinolytic activity — advise patients on anticoagulant therapy accordingly.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

08 BLOOD SUGAR

Modulating glucose metabolism and insulin sensitivity

Dysregulated blood sugar — from insulin resistance to Type 2 Diabetes — represents a systemic metabolic failure driven by chronic inflammation, mitochondrial dysfunction, and adipose-driven cytokine signalling. Addressing it requires metabolic reprogramming, not only dietary management.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ activates the AMPK pathway — the metabolic master switch. This increases GLUT4 expression, improving insulin receptor sensitivity. FAS and SREBP1c lipogenic genes are suppressed, reducing fat storage signals. LZ-8 protein directly protects pancreatic beta cells from inflammatory damage — addressing the organ-level cause of declining insulin production. GA-T activates pyruvate carboxylase, improving mitochondrial oxidative phosphorylation and energy efficiency. This is metabolic correction at receptor, gene expression, and pancreatic levels simultaneously.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Reishi — Conk · Maitake · Royal Sun Blazei · Shiitake · Pearl Oyster · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Monitor fasting glucose and HbA1c at baseline, Day 30, Day 90.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Morning, before first meal, for optimal AMPK activation window.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

09 CARDIOVASCULAR

Comprehensive heart and vascular system support

Cardiovascular disease is a multi-factorial condition combining chronic inflammation, oxidative stress, lipid dysregulation, blood pressure elevation, and coagulation abnormalities. Addressing only one factor rarely produces lasting results.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ addresses cardiovascular health across all major pathways: fibrinolytic enzyme activity reduces abnormal clot formation and improves blood flow. ACE inhibition reduces vascular resistance. NF-κB suppression reduces arterial wall inflammation. Antioxidant activity protects LDL from oxidation (the step that converts cholesterol to arterial plaque). HPA modulation reduces cortisol-driven cardiac stress. GA-T improves mitochondrial energy production in cardiac muscle. This represents simultaneous intervention at inflammation, coagulation, oxidative, and metabolic levels.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Chaga · Reishi — Conk · Maitake · Shiitake · Pearl Oyster

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Note fibrinolytic activity for patients on anticoagulant therapy.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Monitor lipid panel, CRP, and blood pressure at Day 30 and Day 90.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

10 CHOLESTEROL

Regulating lipid metabolism and reducing atherogenic risk

Cholesterol dysregulation — particularly elevated LDL, low HDL, and raised triglycerides — is driven by poor insulin sensitivity, chronic inflammation, liver dysfunction, and genetic predisposition. Statins address the symptom; MG-LZ8™ addresses several of the drivers.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ modulates cholesterol through three complementary mechanisms: Ganoderic acids inhibit HMG-CoA reductase — the same enzyme targeted by statins, reducing endogenous cholesterol synthesis. AMPK activation suppresses SREBP1c, reducing lipogenic gene expression. Antioxidant protection prevents LDL oxidation — the critical step in plaque formation. Additionally, fibrinolytic activity addresses downstream clotting risk. Hepatoprotection ensures optimal liver function for lipid processing.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk · Maitake · Shiitake · Pearl Oyster

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Monitor lipid panel at baseline and Day 90.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Note: patients on statin therapy should inform their prescribing physician.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

11 IMMUNE SYSTEM

Comprehensive immune restoration and modulation

Immune dysfunction presents across a wide spectrum — from immune exhaustion and chronic infection susceptibility, to autoimmune over-activation. Both extremes share a common driver: dysregulated immune signalling. True immune support is modulation, not stimulation.

HOW MG-LZ8™ ADDRESSES THIS

This is MG-LZ8™'s primary validated target. The Vetvicka pre-clinical trial (University of Louisville, 2018) confirmed: 51% increase in phagocytosing neutrophils at 100µg, and a 238-fold increase in IL-2 production — the primary T-cell activation cytokine. Dectin-1 and TLR receptor binding activates macrophages and NK cells. LZ-8 protein induces T-regulatory cell expansion up to 10-fold. The critical distinction: MG-LZ8™ modulates — it activates targeted defense while simultaneously providing anti-inflammatory support via Ganoderic acid NF-κB inhibition. The immune system is trained, not simply fired.

OTHER SPECIES THAT ALSO ADDRESS THIS

All 19 species on the chart address immune function to varying degrees

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. The foundational daily protocol.

For more severe or active conditions:

Targeted Therapy Drops — 8–24 drops twice daily via CHD-FA™ sublingual delivery. The highest bioavailability option. 480 drops per bottle allows precise self-regulation based on clinical need.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

12 KIDNEY TONIC

Supporting renal function, filtration, and tissue integrity

The kidneys are the body's primary blood filtration organs, and are among the most vulnerable to chronic inflammation, oxidative stress, and accumulation of environmental toxins. Kidney function decline is often silent until significant damage has occurred.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ protects renal tissue through multiple pathways: Ganoderic acids demonstrate direct nephroprotective activity, reducing oxidative damage to tubular cells. NF-κB suppression reduces inflammatory cytokine damage to glomerular tissue. The fibrinolytic enzyme activity improves micro vessel patency within the renal filtration bed. Antifibrotic activity via TGF-β1 inhibition prevents the fibrotic scarring that drives chronic kidney disease progression. The prebiotic gut microbiome effect reduces uremic toxin production from gut bacteria — a significant driver of kidney stress.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Chaga · Reishi — Conk · Turkey Tail · Maitake · Oregon Polypore · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily for ongoing nephroprotection.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Sublingual delivery minimizes oral dosing load to the kidneys.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

13 LIVER TONIC

Hepatoprotection, detoxification support, and liver regeneration

The liver processes every substance that enters the body — pharmaceutical, nutritional, environmental, and metabolic. Chronic inflammation, fatty infiltration (NAFLD), alcohol damage, and pharmaceutical toxicity all compromise hepatic function. Liver health is foundational to every other system.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ is one of the most thoroughly documented hepatoprotective agents in mycology. Ganoderic Acid A directly protects liver cells from oxidative and inflammatory damage. Ganoderic acids regulate lipid metabolism, reducing hepatic fat accumulation (NAFLD). AMPK activation improves insulin sensitivity, addressing the metabolic driver of fatty liver. NF-κB suppression reduces the chronic hepatic inflammation that drives fibrosis. Antifibrotic activity via TGF-β1 inhibition prevents scar tissue replacement of functional liver tissue. The dual-extraction process concentrates triterpenes specifically linked to liver enzyme normalization.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Chaga · Reishi — Conk · Turkey Tail · Maitake · Shiitake · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Hepatoprotective effect begins within the first week.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. For active hepatic damage, the sublingual route bypasses first-pass liver metabolism, protecting a compromised liver from processing a high oral dose.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

14 LUNGS / RESPIRATORY

Pulmonary immune support, airway inflammation, and respiratory resilience

Respiratory conditions — from chronic asthma and bronchitis to post-viral pulmonary compromise and environmental toxin accumulation in lung tissue — are among the most responsive conditions to immune modulation. The lungs carry significant immune tissue and respond rapidly to systemic immune changes.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ addresses respiratory health through myeloperoxidase activation — the enzyme that uses hypochlorous acid to oxidize bio-persistent materials (including carbon-based nanomaterials) accumulated in pulmonary tissue. COX-2 and NF-κB inhibition reduces airway wall inflammation. The antiviral and antibacterial activity reduces recurrent respiratory infection burden. Cordycepin-analogous mitochondrial support improves oxygen utilization. For Long COVID presentations with pulmonary involvement, the combination of MPO activation, fibrinolytic activity, and IL-2 signalling addresses the multi-layer inflammatory picture.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Chaga · Reishi — Conk · Turkey Tail · Agrikon · Artist Conk · Oregon Polypore

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily for respiratory maintenance.

For more severe or active conditions:

Targeted Therapy Drops — 8–24 drops twice daily. Sublingual delivery activates immune clearance systemically within 48 hours.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

15 NERVE TONIC

Neuroprotection, remyelination, and nerve regeneration support

Neurological decline, peripheral neuropathy, and central nervous system inflammation share common drivers: oxidative stress, neuroinflammation, myelin degradation, and insufficient neurotrophic signalling. Neural tissue has limited regenerative capacity — protection is as important as repair.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ crosses the blood-brain barrier via Ganoderic Acid A — a rare and clinically significant property. GA-A promotes remyelination via the FXR receptor pathway — directly relevant to conditions of myelin degradation. LZ-8 protein protects CNS microglia from oxidative damage. GABA pathway interaction reduces neuroinflammatory tone and autonomic stress. NF-κB suppression reduces the chronic glial activation that drives neuroinflammatory progression. The compound matrix provides the systemic anti-inflammatory, cortisol-buffering, and vascular support that neural regeneration requires as its biological foundation.

OTHER SPECIES THAT ALSO ADDRESS THIS

Lion's Mane · Cordyceps · Reishi — Conk · Oregon Polypore · Zhu Ling

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Combines well with Lion's Mane — MG-LZ8™ provides the infrastructure that Lion's Mane NGF stimulus requires.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Sublingual delivery allows GA-A to reach the CNS directly.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

16 SEXUAL POTENTIATOR

Supporting hormonal balance, libido, and sexual vitality

Sexual vitality is a downstream indicator of systemic health — hormonal balance, cardiovascular function, nitric oxide production, cortisol regulation, and mitochondrial energy all contribute. Decline in sexual function is often the first visible sign of broader metabolic and hormonal dysregulation.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ addresses sexual vitality through its comprehensive hormonal and metabolic foundation: HPA axis regulation reduces cortisol-driven testosterone suppression. AMPK activation improves metabolic efficiency and energy production. Cardiovascular support improves peripheral circulation and nitric oxide bioavailability. Ganoderic acids modulate androgen activity via 5-alpha reductase inhibition. The stress-reduction and adaptogenic properties reduce the chronic HPA overactivation that is the most common physiological driver of reduced libido in both men and women.

OTHER SPECIES THAT ALSO ADDRESS THIS

Cordyceps · Reishi — Conk · Maitake

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Effects typically noticed within 2–4 weeks as cortisol and energy patterns shift.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Combine with the 90-day protocol for full HPA axis recalibration.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

17 STRESS REDUCER

Adaptogenic HPA axis modulation and cortisol buffering

Chronic psychological and physiological stress drives cortisol dysregulation, immune suppression, sleep disruption, and sympathetic nervous system dominance. The HPA axis, once chronically activated, does not self-correct without targeted intervention.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ is a confirmed adaptogen — it buffers cortisol over-release rather than simply sedating the stress response. HPA axis regulation via Ganoderic acid activity prevents the cortisol cascade from becoming self-reinforcing. GABA pathway interaction supports parasympathetic dominance — shifting the autonomic nervous system from fight-or-flight toward rest-and-repair. This makes MG-LZ8™ uniquely suited as a companion to psilocybin microdosing, where cortisol buffering sustains the cognitive shift beyond the pharmacological window.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk · Maitake · Royal Sun Blazei

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Improved sleep quality typically reported within Day 7.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. For cortisol-driven immune suppression, the combined psilocybin + MG-LZ8™ protocol addresses both psychological and physiological stress architecture.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

18 EPIGENETIC REPAIR

Reversing pathological gene silencing and restoring healthy expression

Epigenetic modifications — changes to how genes are expressed without altering the DNA sequence — are the mechanism through which chronic stress, toxin exposure, and trauma create lasting biological dysfunction. These marks are not permanent, but reversing them requires targeted intervention.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ addresses epigenetic dysregulation through TNF-driven gene suppression: Ganoderic Acid A reduces TNF- α activity, removing the chronic inflammatory signal that re-silences plasticity genes. LZ-8 protein reduces NF- κ B, preventing the ongoing inflammatory re-silencing of BDNF promoters. This makes MG-LZ8™ the essential partner for psilocybin in the integrated protocol — psilocybin opens the silenced plasticity genes through histone acetylation, while MG-LZ8™ removes the inflammatory driver that would re-silence them. Bidirectional epigenetic restoration: open the lock, remove the locksmith that keeps closing it.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk (via MG-LZ8™ pathway)

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Minimum 30 days for measurable epigenetic change.

For more severe or active conditions:

Targeted Therapy Drops combined with the psilocybin microdose protocol (150mg daily). The integrated protocol is detailed in the MG-LZ8™ Clinical Protocol document. Reassess at Day 30 and Day 90.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

19 NEUROPLASTICITY

Enhancing cognitive flexibility, learning, and structural brain remodeling

Neuroplasticity — the brain's ability to rewire, form new connections, and recover from damage — declines with age, chronic stress, and inflammatory load. Restoring it requires both a neurological window and the biological infrastructure to sustain new growth.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ builds the biological infrastructure that neuroplasticity requires. GA-A crosses the blood-brain barrier, reducing neuroinflammation — the primary suppressor of BDNF signalling. LZ-8 protein protects CNS microglia from the oxidative stress that impairs synaptic pruning and maintenance. HPA axis regulation reduces cortisol — the direct inhibitor of hippocampal neurogenesis. GABA pathway interaction quietens the autonomic over-activation that suppresses frontal lobe neuroplasticity. When combined with psilocybin microdosing (which increases dendritic spine density ~10% and reverses stress-induced BDNF hypoacetylation), MG-LZ8™ sustains the structural gains beyond the pharmacological window.

OTHER SPECIES THAT ALSO ADDRESS THIS

Lion's Mane · Reishi — Conk

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily, combined with Lion's Mane if available.

For more severe or active conditions:

Targeted Therapy Drops + psilocybin microdose protocol. The neuroplasticity window opens within Day 7 (DMN modulation) and peaks at Day 30 (dendritic spine density changes).

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

20 GUT MICROBIOME

Prebiotics, barrier restoration, and microbiome diversity support

The gut microbiome — trillions of microorganisms lining the digestive tract — regulates immune function, mood, metabolism, and inflammatory tone. Dysbiosis (microbial imbalance) is implicated in autoimmune disease, depression, metabolic syndrome, and chronic fatigue.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™'s polysaccharide matrix acts as a sophisticated prebiotic, selectively feeding beneficial bacterial strains while creating an inhospitable environment for pathogenic organisms. LZ-8 protein restores claudin-1 expression — the tight junction protein that seals a leaky gut barrier. This is a molecular repair of gut permeability at the source. The anti-inflammatory activity reduces the low-grade chronic gut inflammation that drives systemic immune dysregulation. Combined with psilocybin's 5-HT2A-mediated gut-brain axis effects, the integrated protocol addresses gut-immune-brain communication simultaneously.

OTHER SPECIES THAT ALSO ADDRESS THIS

Turkey Tail · Reishi — Conk · Shiitake

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Initial microbiome shifts typically noticed within Day 14 (improved digestion, reduced bloating).

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily. Sublingual delivery complements oral gut-directed effects.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

21 TISSUE & FASCIA REPAIR

Extracellular matrix protection, scar remodeling, and connective tissue restoration

Tissue and fascia damage — from surgical trauma, injury, chronic inflammation, or fibrotic disease — creates a cascade of collagen disorganization, scar tissue formation, and loss of elastic recoil. Conventional medicine has few targeted interventions for this process.

HOW MG-LZ8™ ADDRESSES THIS

MG-LZ8™ is uniquely positioned for tissue repair. Ganoderic Acid A inhibits MMP-3 and MMP-13 — the enzymes that degrade collagen and aggrecan in connective tissue. TGF-β1 inhibition by Ganoderic acids prevents fibrotic scar tissue from replacing functional elastic tissue, allowing genuine remodeling rather than just repair. The fibrinolytic enzyme (Mr 52,000) dissolves fibrin deposits in damaged tissue, improving fluid exchange. LZ-8 protein restores tight junction integrity in vessel walls and epithelial barriers. This combination makes MG-LZ8™ directly relevant to post-surgical recovery, scar tissue management, and chronic fascia dysfunction.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk · Shiitake

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily for ongoing connective tissue maintenance. Pair with the Skin Serum applied topically to the affected area — the DMSO carrier drives MG-LZ8™ directly through the skin into underlying fascia and connective tissue.

For more severe or active conditions:

Targeted Therapy Drops — 8–16 drops twice daily (internal, systemic). Skin Serum applied topically twice daily to the site of injury, scarring, or fascial restriction — the transdermal DMSO delivery works in parallel with the sublingual protocol, addressing the affected tissue from both directions simultaneously. Note fibrinolytic activity for patients on anticoagulant therapy.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

22 HPA AXIS / CORTISOL

Resetting the hypothalamic-pituitary-adrenal stress axis

The HPA axis is the body's central stress regulation system. Chronic overactivation — driven by psychological stress, chronic infection, inflammatory load, or sleep deprivation — produces sustained cortisol elevation that suppresses immune function, degrades muscle tissue, disrupts sleep, and impairs cognitive performance.

HOW MG-LZ8™ ADDRESSES THIS

HPA axis regulation is a core clinical target of MG-LZ8™. Ganoderic acids act as adaptogenic modulators — buffering cortisol over-release without sedating the normal stress response. GABA pathway interaction shifts autonomic balance toward parasympathetic dominance. This is the mechanism that makes MG-LZ8™ particularly synergistic with psilocybin: psilocybin reduces the psychological architecture of chronic stress via DMN desynchronization; MG-LZ8™ prevents the physiological cortisol cascade that would otherwise undermine those gains. Together, the dual-pathway hormonal stabilization addresses stress from both directions.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk · Cordyceps

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. Cortisol buffering effect typically measurable within Day 14. Monitor morning cortisol at baseline and Day 30.

For more severe or active conditions:

Targeted Therapy Drops combined with psilocybin microdose protocol. The HPA recalibration requires the full 90-day protocol for sustained correction.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

23 FIBRINOLYTIC ACTIVITY

Dissolving abnormal fibrin deposits and improving vascular patency

Fibrin is a structural protein that forms clots and supports tissue repair — but abnormal or excessive fibrin deposition contributes to micro-clot formation, vascular obstruction, chronic inflammation, and scar tissue accumulation. Bio-persistent synthetic materials can also become coated in fibrin, impairing immune clearance.

HOW MG-LZ8™ ADDRESSES THIS

Ganoderma lucidum produces a purified fibrinolytic protease (molecular weight 52,000) that demonstrates direct fibrin-dissolving activity — confirmed in peer-reviewed literature (Taylor & Francis Online, 2019). This enzyme acts on fibrin deposits in the same way the body's own plasminogen system does, but from an exogenous source. Ganoderic acids additionally inhibit platelet aggregation — preventing excess clot formation upstream. This makes MG-LZ8™ directly relevant to conditions involving anomalous intravascular cast accumulation, post-thrombotic syndrome, and vascular compromise secondary to chronic inflammatory disease.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily for ongoing vascular maintenance.

For more severe or active conditions:

Targeted Therapy Drops — 8–24 drops twice daily. **CRITICAL NOTE:** Fibrinolytic activity must be disclosed to patients on anticoagulant therapy (warfarin, heparin, novel anticoagulants). Dose adjustment may be required in consultation with prescribing physician.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

24 IL-2 AMPLIFICATION

Elevating the primary T-cell activation cytokine

Interleukin-2 (IL-2) is the immune system's primary T-cell recruitment and activation signal. Chronic disease, stress, ageing, and certain pharmaceutical interventions all suppress IL-2 production — creating an immune system that detects threats but fails to mount an adequate response.

HOW MG-LZ8™ ADDRESSES THIS

The IL-2 amplification data from the Vetvicka pre-clinical trial (University of Louisville, 2018) is the most clinically significant finding in the MG-LZ8™ research portfolio. At 100µg dose: IL-2 production elevated from 1.1 pg/ml (PBS control) to 262.4 pg/ml — a 238-fold increase. The LZ-8 protein acts as a mitogen for T-cells, inducing T-regulatory cell expansion up to 10-fold — the primary molecular mechanism behind this surge. The clinical implication: this is not a modest immune boost — it is a fundamental reactivation of the body's primary search-and-destroy signalling system. Immune cells suppressed by chronic inflammatory stasis receive a clear wake-up signal.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk (via MG-LZ8™ LZ-8 protein — unique to *Ganoderma lucidum*)

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. IL-2 elevation begins within 24–48 hours (pre-clinical data).

For more severe or active conditions:

Targeted Therapy Drops — 8 drops twice daily minimum. At 5mg per drop, 8 drops = 40mg per dose. 240mg daily at maximum self-regulated dose. Pre-clinical dose equivalent: sustained signalling above the phagocytosis threshold.

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25 MYELOPEROXIDASE ACTIVATION

Priming the neutrophil enzyme responsible for deep cellular clearance

Myeloperoxidase (MPO) is the enzyme found within neutrophil granules that generates hypochlorous acid — the body's most potent internal oxidizing agent. MPO is the primary mechanism for destroying pathogens, dissolving bio-persistent synthetic materials, and clearing granulomatous deposits. MPO depletion is a feature of chronic disease, ageing, and environmental toxin overload.

HOW MG-LZ8™ ADDRESSES THIS

MPO activation is a headline mechanism of MG-LZ8™ and central to its role in conditions involving bio-persistent synthetic material accumulation, anomalous intravascular fibrin formation, and long-term environmental toxin burden. By priming neutrophils (evidenced by the 51% phagocytosis increase), MG-LZ8™ directly activates the MPO pathway. Published research confirms that MPO can oxidize carbon nanotubes and graphene oxide into CO₂ and H₂O — rendering them biologically inert. This pathway is the scientific foundation of MG-LZ8™'s application in bioremediation of bio-persistent environmental exposures. No other food-grade supplement has an equivalent validated mechanism at this level.

OTHER SPECIES THAT ALSO ADDRESS THIS

Reishi — Conk (via MG-LZ8™ — the only confirmed MPO-activating mushroom extract with pre-clinical validation)

PRODUCT RECOMMENDATION

For daily maintenance / mild-to-moderate:

Immune Modulator Capsule — 15mg daily. MPO priming begins within 48 hours (pre-clinical data).

For more severe or active conditions:

Targeted Therapy Drops — 8–24 drops twice daily for active clearance protocols. The 238× IL-2 surge and 51% phagocytosis increase create the maximum MPO activation environment. This is the clinical foundation of the Forensic Audit protocol.

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01 MG-LZ8™ — ANTLER REISHI

Ganoderma lucidum (Antler form)

This is the cornerstone of everything Mushroom Guru does, and it is in a category entirely its own. The Antler form of *Ganoderma lucidum* concentrates all biological energy into the growing tips rather than distributing it across a broad bracket structure — resulting in triterpene densities of 5,875–7,034 mcg/g versus the 2,443–4,441 mcg/g found in standard conk Reishi. Through Mushroom Guru's proprietary ethanolic and polar dual-phase extraction followed by complete chitin removal, this becomes a 400+ compound bioactive matrix with full bioavailability.

The result is not a supplement. It is a biological signalling agent — containing 380+ triterpenoids, 200+ polysaccharides, the unique LZ-8 immunomodulatory protein, ganodermin, sterols, alkaloids, and nucleosides, all delivered at a concentration that makes a single 15mg dose the equivalent of approximately 5,400mg of imported standard Reishi powder.

Pre-clinical validation by Prof. Vaclav Vetvicka PhD (University of Louisville, 2018) confirmed: 51% increase in phagocytosing neutrophils, a 238× IL-2 surge, and zero cytotoxicity to healthy cells across four cancer cell lines. There is no other food-grade supplement with an equivalent validated mechanism profile at this potency level. This is the All-in-One.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

02 LION'S MANE

Hericium erinaceus

Lion's Mane is the brain specialist of the medicinal mushroom world — the one that practitioners reach for when cognitive decline, nerve damage, or neurological repair is the primary concern. Its fame rests on two compound classes: hericenones (from the fruiting body) and erinacines (from the mycelium), both of which stimulate Nerve Growth Factor (NGF) — the signalling protein that drives nerve cell growth, maintenance, and repair.

The clinical limitation of Lion's Mane is that it is a localized specialist. NGF stimulation works beautifully in a body with low neuroinflammation, good circulation, and regulated cortisol — but in a body under chronic stress or inflammatory load, the NGF signal has no biological foundation to build on. This is exactly where MG-LZ8™ becomes its essential companion: providing the systemic anti-inflammatory, cortisol-buffering, and microglial protection infrastructure that Lion's Mane requires to deliver its neurological effect.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

03 CORDYCEPS

Cordyceps militaris

Cordyceps earned its reputation in athletic communities — and rightly so. Its primary compounds, cordycepin and adenosine, directly support ATP production (the cellular energy currency), improve VO₂ max (oxygen utilization efficiency), and enhance mitochondrial function. If you want more energy at a cellular level, Cordyceps is the specialist.

Beyond energy, Cordyceps carries real immune, antiviral, and anti-inflammatory credentials — making it one of the most well-rounded of the six specialists. Its limitation compared to MG-LZ8™ is compound complexity: approximately 200 identified bioactives versus MG-LZ8™'s 400+. For pure mitochondrial energy support, Cordyceps is excellent. For someone who needs energy support alongside immune restoration, metabolic correction, and neurological protection, MG-LZ8™ — particularly via GA-T activating pyruvate carboxylase — covers the same mitochondrial ground within a far broader biological mandate.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

04 CHAGA

Inonotus obliquus

Chaga is the antioxidant heavyweight — a dense, woody conk that grows on birch trees in cold northern climates and accumulates one of the highest known concentrations of antioxidant compounds in any natural substance. Betulinic acid (derived from the birch host), melanin, superoxide dismutase (SOD), and lanostane triterpenoids combine to make Chaga a cellular protection agent of remarkable breadth.

Where Chaga excels is in localized antioxidant defense — particularly hepatic and immune cell protection. Its limitation is that it does not match the multi-system immunological signalling of MG-LZ8™. MG-LZ8™'s 400-compound matrix provides antioxidant coverage across multiple organ systems simultaneously, combined with the immune modulation, epigenetic, and fibrinolytic mechanisms that Chaga does not carry. Chaga protects the cells. MG-LZ8™ protects the cells and then activates the systems that operate those cells.

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05 REISHI — CONK

Ganoderma lucidum (standard bracket form)

Standard Reishi — the bracket or conk form found in most commercial products — is the most widely researched medicinal mushroom in human history, and its credentials are real. Approximately 400 identified bioactive compounds. Beta-glucan immune modulation. Adaptogenic stress reduction. Anti-inflammatory triterpene activity. It is the direct predecessor of MG-LZ8™ — the same species, the same compound family.

The critical distinction is potency and form. Standard Reishi conk averages 2,443–4,441 mcg/g of triterpenes. Mushroom Guru's Antler form averages 5,875–7,034 mcg/g. After dual-phase extraction and chitin removal, one 15mg dose of MG-LZ8™ is equivalent to approximately 5,400mg of imported standard Reishi powder. Many commercial Reishi products are imported powders that test near the minimum triterpene threshold. Standard Reishi is not a competitor to MG-LZ8™ — it is the benchmark that MG-LZ8™ was designed to transcend.

Available at shop.mushroomguru.co.za — GanodermaGOLD™ range

06 TURKEY TAIL

Trametes versicolor

Turkey Tail is the immune specialist — specifically known for its protein-bound polysaccharides PSK (Krestin) and PSP, which are among the most studied immunomodulatory compounds in oncological support research. In Japan, PSK is an approved adjuvant therapy used alongside conventional cancer treatment. Turkey Tail activates NK cells, increases macrophage activity, and provides meaningful immune support in populations under significant immunological stress.

Where MG-LZ8™ surpasses Turkey Tail is in the depth of immune activation. LZ-8 protein induces T-regulatory cell expansion up to 10-fold — a superior mechanism to PSK's beta-glucan pathway. The 238× IL-2 surge confirmed in the Vetvicka trial exceeds the immune activation achievable by PSK and PSP alone. MG-LZ8™ modulates rather than bluntly boosts — maintaining the intelligent, targeted immune response that Turkey Tail initiates but cannot amplify to the same degree.

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07 MAITAKE

Grifola frondosa

Maitake — Hen of the Woods — carries the most targeted immune activation profile of the six specialists. Its D-Fraction and MD-Fraction beta-glucans are specifically structured to activate NK cells and macrophages with unusual precision, making it a favourite in oncological support contexts. Its additional credentials in blood sugar regulation, cardiovascular support, and anti-tumour activity make it one of the most clinically versatile of the six.

MG-LZ8™ addresses all of Maitake's targets through its triterpenoid foundation: Dectin-1 and TLR binding primes the immune cascade to the same NK cell and macrophage activation endpoint. Antimicrobial triterpenes cover the antibacterial and antifungal range. The 51% phagocytosis increase provides equivalent or superior macrophage activation. Maitake is a specialist doing focused work. MG-LZ8™ does the same work within a system-wide biological intervention.

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08 ROYAL SUN BLAZEI

Agaricus brasiliensis

Royal Sun Blazei is a South American species with a strong tradition of use in Brazilian folk medicine — and an increasingly solid scientific profile, particularly in anti-tumour, anti-diabetic, and immunostimulatory research. Its primary compounds include beta-glucans, ergosterol, and lectins. It is one of the few species with documented activity in both anti-tumour and blood sugar regulation simultaneously.

In the context of the MG-ZL8™ chart, Royal Sun Blazei contributes anti-tumour, cardiovascular, and blood sugar support alongside its general immune credentials. It is a well-rounded species but with approximately 40–60 identified bioactives, it operates at a fraction of the compound complexity of MG-LZ8™. For patients specifically interested in its traditional anti-tumour applications, it is a credible adjunct — but not a replacement for a validated, potency-tested extract.

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09 AMADOU

Fomes fomentarius

Amadou is one of the oldest medicinally used fungi in human history — found with Ötzi the Iceman over 5,000 years ago, it has been used as a wound dressing, fire-starting material, and immune support agent across cultures. Modern research confirms antibacterial activity, anti-inflammatory properties, and fibrinolytic enzyme activity — making it a historically significant species with a smaller but genuinely validated modern profile.

It is not a compound-complex mushroom by modern standards, but its antibacterial and fibrinolytic credentials are real. In the context of the MG-ZL8™ chart, Amadou contributes specifically to anti-bacterial and blood pressure columns. Its historical use as a wound dressing aligns with the fibrinolytic and tissue-repair mechanisms that MG-LZ8™ addresses with far greater compound depth and validated potency.

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10 AGRIKON

Fomitopsis officinalis

Agrikon — the ancient medicinal polypore — was the most prized medicinal mushroom in the ancient Mediterranean world. Dioscorides wrote about it. Galen prescribed it. It was traded across the Roman Empire as a treatment for tuberculosis, wasting disease, and infections. Modern analysis confirms significant antibacterial, anti-inflammatory, and lung-protective triterpene compounds — particularly agaric acid and lanostane-type triterpenoids.

Agrikon is now rare in the wild and difficult to cultivate reliably, which limits its commercial availability and standardization. Its chart contributions focus on anti-bacterial, anti-tumour, and respiratory support. For practitioners interested in its historical applications in pulmonary and wasting conditions, MG-LZ8™'s MPO activation, anti-inflammatory, and immune restoration mechanisms address the same biological territory with modern validation behind them.

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11 ARTIST CONK

Ganoderma applanatum

Artist Conk is *Ganoderma lucidum*'s close cousin — a large bracket fungus found on hardwood trees worldwide, often used as a canvas for natural illustrations. Its bioactive profile overlaps significantly with Reishi: beta-glucans, lanostane triterpenoids, and polysaccharides with confirmed anti-tumour, antibacterial, and nerve tonic properties.

As a *Ganoderma* species, Artist Conk shares the same compound family as MG-LZ8™ but lacks the antler morphology concentration advantage, the dual-extraction process, and the LZ-8 protein specificity of *Ganoderma lucidum*. It is a credible medicinal species with a good research profile in its primary targets — anti-tumour, antibacterial, and respiratory support — but represents an earlier generation of the same compound story that MG-LZ8™ tells at a far higher potency level.

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12 OREGON POLYPORE

Ganoderma oregonense

Oregon Polypore — the Pacific Northwest's native *Ganoderma* — is the least well-known species on the chart and one of the most intriguing. As a *Ganoderma* species, it shares the same triterpene and polysaccharide compound family as Reishi, but with a distinct secondary metabolite profile reflecting its different growing environment and substrate interactions.

Paul Stamets' research placed it in the extended species list with confirmed activity across anti-tumour, blood sugar, respiratory, and nerve tonic targets — a profile that suggests real biological depth even if clinical trial data remains limited compared to *Ganoderma lucidum*. For practitioners in regions where Oregon Polypore grows natively, it represents an accessible local *Ganoderma* species. In the context of MG-LZ8™'s validated potency, it is the regional cousin — same family, similar credentials, different scale.

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13 SHIITAKE

Lentinula edodes

Shiitake is arguably the most widely consumed medicinal mushroom in the world — eaten as food and used as medicine simultaneously for thousands of years in East Asian cultures. Its primary immune compound, lentinan (a beta-1,3-glucan), was one of the first mushroom-derived compounds to achieve medical approval anywhere in the world, used as an adjuvant cancer therapy in Japan since the 1980s.

Beyond lentinan, Shiitake carries eritadenine (documented cholesterol-reducing activity), ergosterol (Vitamin D precursor), and a broad antiviral and antibacterial profile. It is one of the most multi-target species on the chart outside of *Ganoderma lucidum* — covering anti-bacterial, anti-candida, anti-tumour, blood pressure, blood sugar, cardiovascular, cholesterol, immune, liver tonic, and nerve tonic in Stamets' research. As a daily food-medicine, Shiitake is exceptional. As a concentrated extract for clinical intervention, MG-LZ8™'s compound complexity and validated potency represent a different category of intervention.

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14 MESIMA

Phellinus linteus

Mesima is a traditional East Asian medicinal mushroom with a particularly strong reputation in oncological support — used in Korean traditional medicine for centuries and the subject of significant modern pharmacological research. Its primary bioactives are hispolon, interfuryl, and proteoglycan polysaccharides, with documented NK cell activation, anti-tumour, and anti-inflammatory activity.

Mesima's chart profile concentrates on anti-tumour, anti-bacterial, and anti-inflammatory — a focused specialist rather than a broad-spectrum agent. Its value lies in its particularly well-characterized NK cell activation pathway, which has generated clinical interest in oncological adjuvant contexts. In the MG-LZ8™ framework, Mesima represents another route to NK cell activation — one that MG-LZ8™ addresses through Dectin-1 and TLR binding plus the 238× IL-2 surge, within a far broader biological profile.

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15 BIRCH POLYPORE

Piptoporus betulinus

Birch Polypore shares Amadou's distinction of being found with Ötzi the Iceman — the 5,300-year-old mummy discovered in the Alps — and its presence in his medicine pouch suggests ancient human knowledge of its therapeutic properties. Modern research confirms antibacterial, anti-inflammatory, and immune-supportive activity, along with a unique agaric acid profile that shows particular activity against certain parasitic and pathogenic organisms.

Birch Polypore grows exclusively on birch trees and has a well-defined seasonal availability, which limits its cultivation at scale. Its chart contributions focus on anti-bacterial, anti-tumour, anti-inflammatory, and immune system support. It is a historically and culturally significant medicinal fungus with a genuine but narrower bioactive profile than the complex species like Reishi or Shiitake.

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16 PEARL OYSTER

Pleurotus ostreatus

Pearl Oyster mushroom is simultaneously one of the most accessible and most underestimated medicinal species on the chart. Widely available as a culinary mushroom, it contains lovastatin — a natural HMG-CoA reductase inhibitor (the same target as pharmaceutical statins), making it one of the few dietary mushrooms with a direct, pharmacologically characterized cholesterol-lowering mechanism.

Beyond cholesterol, Pearl Oyster carries anti-bacterial, anti-inflammatory, immune system, and nerve tonic activity in Stamets' research — a surprisingly broad profile for a commonly eaten food species. Its lovastatin content means it is of direct interest to anyone managing lipid profiles. The culinary accessibility of Pearl Oyster makes it the most natural dietary complement to an MG-LZ8™ protocol — food-level daily intake alongside a concentrated clinical extract.

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17 CHICKEN OF THE WOODS

Polyporus sulphureus

Chicken of the Woods earns its name from its vivid sulphur-yellow and orange bracket appearance and its meaty, chicken-like texture when cooked. In the medicinal context, it carries antibacterial credentials — specifically confirmed activity against *Staphylococcus aureus* and *E. coli* — making it one of the few culinary-medicinal mushrooms with a well-characterized antibacterial mechanism.

Its chart profile is focused and modest compared to the complex species — primarily anti-bacterial, with some immune system support. It is a useful dietary addition for anyone focused on antibacterial immune maintenance, and its culinary appeal makes it one of the most palatable ways to incorporate medicinal mushroom activity into daily food rather than supplement form. In the MG-LZ8™ framework, it occupies a niche dietary role while the clinical extract addresses the broader biological mandate.

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18 ZHU LING

Polyporus umbellatus

Zhu Ling is a traditional Chinese medicinal fungus with a particular reputation for kidney and urinary tract support — used in classical Chinese medicine as a diuretic, anti-oedema, and urinary immune support agent for over a millennium. Modern research has confirmed polysaccharide-driven immune stimulation, anti-tumour activity, and specifically nephroprotective (kidney-protecting) properties.

Its chart profile is one of the more distinctive on the list: anti-bacterial, anti-tumour, blood sugar, kidney tonic, liver tonic, nerve tonic, and immune system — with a particular emphasis on the kidney-urinary axis that most other species do not specifically address. For patients with kidney compromise, urinary tract infections, or fluid retention as a primary concern, Zhu Ling's traditional indication is well-supported by modern pharmacology. In the MG-LZ8™ context, it is a complementary specialist for kidney-focused protocols.

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19 SPLIT GILL POLYPORE

Schizophyllum commune

Split Gill Polypore is one of the most widespread fungi on Earth — found on every continent except Antarctica. In the context of medicinal mycology, it is notable for schizophyllan — a beta-1,3-glucan with confirmed immune-stimulating, anti-tumour, and cervical cancer adjuvant activity, approved as a pharmaceutical in Japan since the 1980s.

Despite being a simple-looking bracket fungus, Split Gill Polypore has one of the better-validated immune profiles on the extended species list, specifically in its anti-tumour and immune system columns. It is one of the few species outside the primary six where the key compound (schizophyllan) has achieved pharmaceutical-level approval in a major market. Its contribution to the MG-ZL8™ chart is focused — anti-candida and anti-tumour primarily — but within those targets, its scientific credibility is above average for the extended species group.

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