



## Professional Resource: Coriolus Versicolor

### Brief Background

Medicinal mushrooms have been used in traditional oriental therapy throughout history, with polysaccharopeptides being one of the most highly studied constituents(1). One of the most common mushrooms is Coriolus versicolor (Coriolus) a fungus that grows in wooded temperate zones year round on tree trunks, stumps, dead logs, and branches. In traditional oriental medicine, Coriolus was

## Mechanism of Action

Coriolus polysaccharopeptides have a broad range of physiological activity including immune system enhancement, antitumor and anticancer effects, antimicrobial effects, and various other effects contributing to increased quality of life (2). These extracts are classified as biological response modifiers and are accepted as beneficial adjuncts to conventional therapies in many countries around the world.

Coriolus extracts have been studied both in vivo and in vitro for their immunological activities, although the exact mechanism of these actions remains to be fully understood. Immunopotentiality occurs by activation of B lymphocytes, T lymphocytes, macrophages and monocyte marrow cells, natural killer cells, and lymphocyte activation killer cells (1-5). Coriolus extracts are also known to induce production/proliferation of various antibodies and cytokines such as interferons, interleukin 2, interleukin 6, tumor necrosis factor, and immunoglobulin-G (1-3)

placebo, plus standard care for the duration of 136 months(7). Results indicated a significant survival advantage for people treated with Coriolus plus standard care over people treated with standard care alone. Overall, for people randomized to a Coriolus group, there was a 9% reduction in 5-year mortality

resected colorectal cancer, patients receiving UFT plus Coriolus demonstrated significantly better 3-year relapse-free and overall survival rates than those treated with UFT alone (26)

### Immune System Response

A number of RCTs have investigated the effects of Coriolus extract on immune system response in healthy individuals as well as people with a cancer diagnosis. Overall, the body of evidence indicates a positive impact of Coriolus use on the immune system.

One

significant difference among the groups in terms of mean survival time, mortality rate, or time to progression.

In a phase I double blind RCT involving 34 patients with small cell lung cancer, all patients received pac

Due to the stimulatory effects of Coriolus on immunocompetent cells, there is the potential for counteraction when administered with immunosuppressants. Therefore, caution should be exercised when administering Coriolus alongside immunosuppressants, or this combination should be avoided altogether.







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