

# Medicinal Mushrooms: Integrated Clinical Reference Chart

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This reference chart provides evidence-based information on eight medicinal mushrooms that have garnered attention in integrative medicine. For centuries, various cultures have utilized mushrooms for their potential therapeutic properties, and modern research is now beginning to validate some of these traditional applications.

Fly Agaric (*Amanita muscaria*) is excluded from this chart due to its well-documented toxicity, lack of clinical benefits, and contraindication for medical use.

Clinicians should note that the quality of commercial mushroom products varies significantly, and standardization remains a challenge in this field. There is insufficient reliable information regarding the safety of medicinal mushroom supplements during pregnancy and lactation; use should be avoided in these populations unless specifically directed by a qualified healthcare provider.

## Agaricus

(*Agaricus blazei*)



No established clinical efficacy

### Effects of interest (preliminary data)

- Adjunctive cancer care
- Anti-inflammatory (ulcerative colitis)
- Immunomodulatory
- Metabolic

### Adverse Effects

- Rare: Allergy, hepatotoxicity, interstitial lung disease

### Interactions & Safety

- Hypoglycemia risk<sup>1</sup>

## Black Hoof

(*Phellinus linteus*)



No established clinical efficacy

### Effects of interest (preliminary data)

- Anti-inflammatory
- Antioxidant
- Immunomodulatory

### Interactions

- May ↓ efficacy of immunosuppressants<sup>2</sup>

## Lion's Mane

(*Hericium erinaceus*)



No established clinical efficacy

### Effects of interest (preliminary data)

- Gastrointestinal (GI) support (chronic gastritis)
- Neuroprotective (cognitive impairment)

### Interactions & Safety

- Hypoglycemia & bleeding risk<sup>1,3</sup>
- May ↓ efficacy of immunosuppressants<sup>2</sup>

## Maitake

(*Grifola frondosa*)



No established clinical efficacy

### Effects of interest (preliminary data)

- Adjunctive cancer care
- Immunomodulatory
- Metabolic
- Reproductive (polycystic ovary syndrome)

### Adverse Effects

- Rare: Allergy, eosinophilia, joint swelling, pneumonitis

### Interactions & Safety

- Hypoglycemia, hypotension, bleeding risk<sup>1,3,4</sup>

## Poria

(*Wolfiporia cocos*)



No established clinical efficacy

### Effects of interest (preliminary data)

- Anti-inflammatory
- Immunomodulatory
- Kidney protection
- Sedative

### Adverse Effects

- Rare: Allergic reactions (rhinitis, asthma)

### Interactions & Safety

- May ↓ effects of anticholinergic or ↑ effects of cholinergic agents
- May ↑ effects of central nervous system (CNS) depressants

## Reishi

(*Ganoderma lucidum*)



No established clinical efficacy

### Effects of interest (preliminary data)

- Adjunctive cancer care
- Benign prostatic hypertrophy (BPH)
- Immunomodulatory

### Adverse Effects

- Rare: Hepatotoxicity, nosebleed, bloody stools, allergy

### Interactions & Safety

- Hypoglycemia, hypotension, bleeding risk<sup>1,3,4</sup>

## Shiitake

(*Lentinula edodes*)



No established clinical efficacy

### Effects of interest (preliminary data)

- Adjunctive cancer care
- Antioxidant
- Antiviral
- Immunomodulatory

### Adverse Effects

- Rare: Allergy, eosinophilia, Shiitake dermatitis

### Interactions & Safety

- May ↓ levels of CYP2D6 substrates
- May ↓ efficacy of immunosuppressants<sup>2</sup>
- Possibly unsafe when consumed raw

## Turkey Tail

(*Trametes versicolor*)



Possible clinical efficacy

- Cancer adjunct: Breast, colorectal, gastric cancers
- Evidence: Phase I-III trials, meta-analysis

### Effects of interest (preliminary data)

- Anti-inflammatory
- Antioxidant
- Human papillomavirus (HPV)/cervical dysplasia
- Immunomodulatory

### Adverse Effects

- Rare: Elevated liver enzymes

### Interactions & Safety

- Hypoglycemia, bleeding risk<sup>1,3</sup>
- May interact: Cyclophosphamide, CYP2C9 substrates, tamoxifen

<sup>1</sup> Use caution with antidiabetic agents and for patients with planned surgeries

<sup>2</sup> Use caution in autoimmune diseases

<sup>3</sup> Use caution with anticoagulant/antiplatelet agents and for patients with planned surgeries

<sup>4</sup> Use caution with hypotensive agents and for patients with planned surgeries