

## Agaricus blazei Murill - immunomodulatory properties and health benefits

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### Abstract

The *Agaricus blazei* Murill (AbM), also known as *Agaricus brasiliensis* L. due to its origin in Brazilian rain forest, is an edible mushroom of the *Basidiomycetes* family, which also comprises medicinal mushrooms such as *Hericium erinaceus* and *Grifola frondosa*. AbM has been used in traditional medicine locally and also recently as a health food worldwide. Since it has been found to possess immunomodulatory properties, its biological and health-related effects, as well as its isolated active ingredients e.g. beta-glucans, have been examined by scientists. Other investigations have been performed with mixed mushroom products, such as AndoSan<sup>TM</sup>, which contains mostly AbM, but also the two other mushrooms above. AbM-related benefits reviewed here include effects against cancer, infections, inflammation, allergy/ asthma and diabetes. Effects of AndoSan<sup>TM</sup> and other AbM-based extracts have been compared in a bacterial sepsis model.

**Keywords:** *Agaricus blazei*, AndoSan<sup>TM</sup>, allergy, asthma, cancer, infection, inflammation, immunomodulation.