

HANDBOOK and ABSTRACTS

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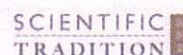


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A Panel Study on The Health Promoting Effects of Maitake and Ganoderma

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Aim of Study: An exploratory clinical trial was conducted to investigate the health promoting effects of

Kenkou Taiyo Maitake Ganoderma

(KTMG), with respect to changes in biochemical parameters, body composition analysis (BCA) and quality of life (QOL).

Methodology: Thirty three healthy subjects (8 males and 25 females, aged 22 to 60) were observed over two months after administration of KTMG at a dosage recommended by the manufacturer. Ten mL of blood was taken at baseline and after 2 months of administration of KTMG for determination of glucose, cholesterol, creatinine, alanine transaminase (ALT), complete blood picture (CBP), cortisol and mannose binding lectin (MBL). BCA was performed during each clinic visit at baseline and after 2 months of KTMG administration. Investigations for QOL using the Chinese Quality of Life (ChQOL) questionnaires were also conducted before and after KTMG administration.

Results: After administration of KTMG for two months, no adverse effect was observed for renal function, liver function and haematological status as indicated by the laboratory data. Fasting glucose level decreased significantly ($P < 0.05$) from 5.3 ± 0.70 to 5.0 ± 0.40 mmol/L. The MBL level elevated significantly ($P < 0.05$) from 1856.2 ± 1615.5 to 2027.2 ± 1745.2 ng/mL. The phase angle obtained from BCA of the subjects also elevated significantly ($P < 0.05$) from 6.09 ± 0.88 to 6.26 ± 0.83 degrees. The QOL results obtained from the ChQOL questionnaires are shown in Table 1.

Table 1

P - value	At Baseline	After Treatment
Sleep	62.4 ± 16.0	66.2 ± 16.4
< 0.05		
Appetite and digestion	61.3 ± 14.3	65.3 ± 13.7
< 0.001		
Anger	54.9 ± 22.9	60.6 ± 18.2
< 0.05		
Physical form	59.3 ± 13.7	62.0 ± 12.9
< 0.05		

Discussion: The fasting glucose level of the subjects decreased significantly, suggesting that KTMG may be able to lower the blood glucose level. The significant increase in MBL indicates an improvement in well being in terms of immunity. The significant increase in PA shows that KTMG may improve the health status of body cells. It may have improved some domains of the quality of life including the quality of sleep, appetite and digestion, control of anger and the physical form.

Conclusion: KTMG may have the potential to lower blood glucose, boost MBL and phase angle and improve quality of life. Further study with a randomized, blinded and placebo-controlled protocol with larger subject groups and longer study period is warranted to confirm the findings in the present study.

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