

Chaga extract Herbals



- Increases immune response
- Promotes cellular health
- Provides powerful antioxidant protection

Throughout history, humans have walked in groves of birch trees, delighting in the fluttering of the delicate leaves that shimmer in the smallest breeze. Who would guess that these graceful trees host one of the most fascinating immune compounds ever discovered? Throughout the northern latitudes, the mushroom chaga (known as *Fuscoporia oblique* or *Inonotus obliquus*) attaches to trees like birch, alder, beech and other hardwoods. Unlike typical mushrooms with gills or caps, the chaga has pores — it looks like hard, lumpy charcoal. Inside, it is a brownish-yellow cork-like mass with beige veins. In China, Siberia, Finland, Japan, Poland and North America, ancient and native peoples have long known the benefits of chaga. Taken in tea, ingested as a powder, inhaled as smoke or applied to the skin, its health benefits have been appreciated for centuries. In an ancient treatise on Chinese herbs, the Chinese monk Shen Nong declared, in 100 B.C., that chaga is... “a precious gift of nature.” Planetary Herbals is pleased to present modern people with this precious gift of nature, a powerful compound that naturally boosts the immune system.

Chaga mushroom extract inhibits oxidative DNA damage in human lymphocytes as assessed by comet assay.

Biofactors. 2004. Department of Medical Nutrition, Kyunghee University, 1 Hoekidong, Dongdaemoonku, Seoul 130-701, South Korea.

The Chaga mushroom (*Inonotus obliquus*) is claimed to have beneficial properties for human health, such as anti-bacterial, anti-allergic, anti-inflammatory and antioxidant activities. The antioxidant effects of the mushroom may be partly explained by protection of cell components against free radicals. We evaluated the effect of aqueous Chaga mushroom extracts for their potential for protecting against oxidative damage to DNA in human lymphocytes. Cells were pretreated with various concentrations (10, 50, 100 and 500 microg/mL) of the extract for 1 h at 37 degrees C. Cells were then treated with 100 microM of H₂O₂ for 5 min as an oxidative stress. Evaluation of oxidative damage was performed using single-cell gel electrophoresis for DNA fragmentation (Comet assay). Using image analysis, the degree of DNA damage was evaluated as the DNA tail moment. Cells pretreated with Chaga extract showed over 40% reduction in DNA fragmentation compared with the positive control (100 micromol H₂O₂ treatment). Thus, Chaga mushroom treatment affords cellular protection against endogenous DNA damage produced by H₂O₂.

Supplement Facts for Liquid		
Serving Size: 2 Droppers (approx. 2 ml)		
	Amount	%DV
Chaga Fruiting Body Extract (1:4)	2 ml	†

Other Ingredients: purified water and grain alcohol (28%).

Warning: Do not use if you are pregnant, may become pregnant, or breastfeeding. If you are taking immunosuppressant medication, have had a transplant or have any other glucose metabolism disorder, consult your physician before using this product.

Do not use if tamper-evident seal is broken or missing.

Suggested Use: Shake well before using. 2 droppers-full three times daily in water or juice.