

Polysaccharide Kureha (PSK) (*Coriolis versicolor*)

Common Names: Krestin, turkey-tail mushroom. Location: Japan, China and the United States.

Description: It is extracted from the kawaratake mushroom. It has a fan-shaped fruiting body that looks like a turkey tail.

Properties: PSK is a powerful antioxidant and immune stimulant.

Uses: Benefits of PSK mushroom for specific health conditions include treatment of atherosclerosis and cancer. PSK is effective against hepatitis and is being tested as a treatment for hepatitis C. It has also been used to increase resistance to viral skin infections in people with eczema.

Doses: PSK is available in tablet form and should only be used under the supervision of a professional.