



**Chaga** (*Inonotus obliquus* L.) is one of nature's oldest medicinal herbs. Among noted benefits, it: 1) evidences immune stimulating<sup>1</sup> and immune function enhancing properties.<sup>2,3</sup> 2) supports healthy inflammatory responses;<sup>4</sup> 3) demonstrates antioxidant effects;<sup>5</sup> and 4) inhibits oxidative damage in human lymphocytes.<sup>6</sup>

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- <sup>1</sup> **Immuno-stimulating effect of the endo-polysaccharide produced by submerged culture of *Inonotus obliquus*.** Kim YO, Han SB, Lee HW, et al. Life Sci. 2005 Sep 23;77(19):2438-56. <http://www.ncbi.nlm.nih.gov/pubmed/15970296>
- <sup>2</sup> **Chaga mushroom (*Inonotus obliquus*) induces G0/G1 arrest and apoptosis in human hepatoma HepG2 cells.** Youn MJ, Kim JK, Park SY, et al. World J Gastroenterol. 2008 Jan 28;14(4):511-7. <http://www.ncbi.nlm.nih.gov/pubmed/18203281>; Full text: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2681140/?tool=pubmed>
- <sup>3</sup> **Identification of a novel blocker of IKBA kinase activation that enhances apoptosis and inhibits proliferation and invasion by suppressing nuclear factor-KB.** Sung B, Pandey M, Nakajima Y, et al. Mol Cancer Ther 2008;7(1), 191-201. <http://www.ncbi.nlm.nih.gov/pubmed/18202022>; Full text: <http://mct.aacrjournals.org/content/7/1/191.long>
- <sup>4</sup> **Identification of a novel blocker of IKBA kinase activation that enhances apoptosis and inhibits proliferation and invasion by suppressing nuclear factor-KB.** Sung B, Pandey M, Nakajima Y, et al. Mol Cancer Ther 2008;7(1), 191-201. <http://www.ncbi.nlm.nih.gov/pubmed/18202022>; Full text: <http://mct.aacrjournals.org/content/7/1/191.long>
- <sup>5</sup> **Antioxidant effect of *Inonotus obliquus*.** Cui Y, Kim D, Park K. J Ethnopharmacol. 2005 Jan 4;96(1-2):79-85. <http://www.ncbi.nlm.nih.gov/pubmed/15588653>
- <sup>6</sup> **Chaga mushroom extract inhibits oxidative DNA damage in human lymphocytes as assessed by comet assay.** Park YK, Lee HB, Jeon EJ, et al. Biofactors. 2004;21(1-4):1090-112. <http://www.ncbi.nlm.nih.gov/pubmed/15630179>