NutriDyn®

# AHCC®

## Mushroom Mycelia Extract for Immune System Support♦

NutriDyn AHCC® is a potent immune support formula containing patented AHCC®—an extract composed of polysaccharides (primarily oligosaccharides), amino acids, lipids, and minerals, derived from fungi in the Basidiomycetes family (a class of mushrooms).♦

A large body of evidence suggests that AHCC® can help support your immune health, cardiovascular and liver function, as well as healthy inflammatory response.♦[1,2,3,4]

## How AHCC® Works

Despite being fungi, certain types of mushrooms are actually beneficial for human consumption. Mushrooms have been used for centuries in traditional medicine due to their abundant vitamin and mineral content, especially vitamin D (just one cup of diced Portobello mushrooms contains nearly 75% of the RDA of vitamin D), B vitamins, selenium, and copper.

However, the immune benefits of mushrooms appear to be largely tied to a naturally occurring polysaccharide called alpha glucan – which has been shown to support and promote both innate and adaptive immune function.♦[5] Through innovative biotechnology, a bioavailable form of mushroom polysaccharides/alpha glucan, and other micronutrients called AHCC® was developed.

You have two basic types of immunity: innate and adaptive. Your innate immunity launches an immediate, non-specific attack against a threat via molecules/cells like cytokines and macrophages. Your adaptive immunity takes longer to kick in, operating through B and T cells that produce a specific response to a particular invasive agent.

In vivo and human clinical trials have shown that AHCC® supports both innate and adaptive immune responses by promoting the production/activity of cytokines, white blood cells, T cells, and dendritic cells.♦[6,7,8]

## AHCC® Supplementation

Research cited herein suggests that AHCC® supports immune health, cardiovascular & liver function, and healthy inflammatory response.♦ To summarize, the most pertinent research-backed benefits of supplementation with AHCC® may include:

- Supports immune health♦
- Supports cardiovascular function♦
- Promotes liver health♦
- Supports a healthy inflammatory response♦


**Form:** 60 Capsules

**Serving Size:** 2 Capsules

| Ingredients | Amount | %DV |
|---|---|---|
| AHCC® Proprietary Blend (mushroom mycelia extract; *Lentinula edodes*, carnauba wax, microcrystalline cellulose, dextrin, alpha cyclodextrin) | 1 g | * |

### Other Ingredients:

Hypromellose, microcrystalline cellulose, vegetable magnesium stearate.

AHCC® is a registered trademark of Amino Up Co., Ltd.

### Directions:

Adults take two capsules daily as a dietary supplement, or as directed by your healthcare practitioner. For maximum effect, adults take two capsules three times daily with meals.

***Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*

GLUTEN-FREE DAIRY-FREE VEGETARIAN

GMO NON-GMO

cGMP PRODUCED IN A cGMP FACILITY

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

For more information, visit: ***www.nutridyn.com***

**References:**


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