

Original Article (Dette er en oppsummering, hele artikkelen er referert over).

Immunomodulating Activity of Agaricus brasiliensis KA21 in Mice and in Human Volunteers

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We performed studies on murine models and human volunteers to examine the immunoenhancing effects of the naturally outdoor-cultivated fruit body of *Agaricus brasiliensis* KA21 (i.e. *Agaricus blazei*). Antitumor, leukocyte-enhancing, hepatopathy-alleviating and endotoxin shock-alleviating effects were found in mice. In the human study, percentage body fat, percentage visceral fat, blood cholesterol level and blood glucose level were decreased, and natural killer cell activity was increased. Taken together, the results strongly suggest that the *Agaricus brasiliensis* fruit body is useful as a health-promoting food.