



Coriolus Versicolor and Human Papillomavirus

Coriolus versicolor supplements cleared high-risk strains of HPV in 39 women over age 35 in a year-long Portuguese study. High-risk HPV strains can cause cervical cancer as well as lesions. All of the women had low-grade squamous intraepithelial lesions (LSIL). Women in the treatment arm took three g/day of a *Coriolus versicolor* mushroom biomass (500 mg/tablet, supplied by Mycology Research Laboratories Ltd.). After one year, 9 of 10 supplemented women tested negative for HPV, compared with just 1 of 12 nonsupplemented women. In addition, 13 of 18 patients receiving the supplement reverted to normal cytology, compared with 10 of 21 nonsupplemented women. Drs. Jose Silva Couto and Daniel Pereira da Silva presented these findings at the 20th European Congress of Obstetrics and Gynaecology in Lisbon, Portugal (March 4–8, 2008).

While the sample size is small, the researchers believe that HPV-positive women over 35 or with compromised immune function would benefit from *Coriolus versicolor* supplementation. Younger women with healthy immune function usually clear the infection within a year or two.

Coriolus versicolor, also known as “turkey tail” mushroom, has “significant antimicrobial, antiviral, and antitumor properties,” according to the University of Texas M. D. Anderson Cancer Center website. It has been tested as a complement to chemotherapy and radiotherapy in clinical studies. Side effects are rare, although some people have reported stomach or intestinal upset.

MD Anderson Cancer Center. *Coriolus versicolor* (mushroom). Available at www.mdanderson.org. Accessed January 27, 2010.

Silva Couto J, Pereira da Silva D. *Coriolus versicolor* supplementation as immunonutrition in HPV patients with cervical lesions. *Clin J Mycol*. July 2009;3(1):8.

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**Mycology Research
Laboratories Ltd.**

134 Biscot Road, Luton
United Kingdom LU3 1AX
Tel: 1-1582-485-209

E-mail: info@mycologyresearch.com
www.mycologyresearch.com

United States
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