



Study Shows AHCC® Mycelial Mushroom Extract Ameliorates Symptoms of Lyme Disease

–New study presented at a medical conference in Japan shows daily dose of AHCC reduced inflammation and improved symptoms of Lyme disease patients after 8 weeks of treatment.–

Beaverton, OR (August 31, 2017) – A pilot human clinical study on the potential benefit of mushroom extract AHCC for patients with Lyme disease was presented at the annual International Congress on Nutrition and Integrative Medicine ([ICNIM](#)), held July 7-8 in Sapporo, Japan. The study, conducted at the [Salerno Center for Complementary Medicine](#) in New York City followed 12 patients with a definitive diagnosis of Lyme, all of whom took AHCC – an immunomodulatory nutraceutical ingredient produced from the cultured mycelia of Japanese medicinal mushrooms. The study was funded by the AHCC Research Association.

After 8 weeks of supplementation, patients experienced a significant reduction in inflammation as measured by two separate blood tests (ESR and Interleukin-8). 11 of the 12 patients experienced an amelioration of flu-like symptoms and 10 patients experienced less joint and muscle manifestations. All three patients who tested positive for serum IgM antibodies at baseline were negative following treatment.

“Inflammation is what makes Lyme Disease so debilitating” says Dr. John Salerno, the study’s Principal Investigator and head of Salerno Center for Complementary Medicine. “The fact that AHCC could reduce inflammation and improve Lyme symptoms is a truly exciting finding.”

According to [the Centers for Disease Control and Prevention](#) (CDC), about 300,000 people are diagnosed with Lyme each year and the numbers have been on the rise across the country. The disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of an infected tick. Typical symptoms include fever, headache, fatigue, a skin rash, facial paralysis, and arthritis. If left untreated, infection can spread to the joints, heart, and nervous system.

While long-term antibiotics have effectively treated Lyme disease, they must be used immediately post-infection. In many cases, Lyme is not diagnosed until much later on and many patients suffer from chronic Lyme all their lives. Reducing symptoms and improving the quality of life of those patients is a key priority for the medical community, particular as the incidence of the disease continues to rise at a rapid rate.

“While we only completed a small pilot study, there are more than 20 human clinical studies on other immune-related indications of AHCC and it has been shown to be a very

safe product” says Dr. Salerno. “Therefore, AHCC should be considered by anyone who has contracted a virus or is suffering from chronic Lyme disease.”

About AHCC

AHCC is a natural immune-modulating compound derived from a unique fraction of specially-cultured medicinal mushroom mycelia, which has been clinically shown to strengthen the body’s immune system. One of the world’s most researched immune supplements, AHCC is currently used by more than 1,000 health care facilities worldwide to reduce incidence of infection in both healthy and immune-compromised patients. AHCC has been clinically shown to control a number of different infections including the Human Papilloma Virus (HPV) and Hepatitis C. Animal studies have shown that mice supplemented with AHCC had improved survival rates when infected with West Nile, Bird Flu, MRSA and Influenza viruses.

Studies indicate that AHCC works as an immunotherapy by using the body’s own immune system to help fight disease. Human and animal studies have shown that AHCC increases the number and/or activity of natural killer (NK) cells, killer T-cells, dendritic cells, and cytokines, which enable the body to effectively respond to infections.

AHCC is supported by more than 20 human clinical studies and more than 50 papers in PubMed-indexed journals.

AHCC® is a registered trademark and is protected by multiple patents.

About the AHCC Research Association

The mission of the AHCC Research Association is to increase public awareness of AHCC in Integrative Medicine, educate consumers and doctors on AHCC’s preventative and therapeutic benefits, and support research studies on AHCC. For more information, visit: www.ahccresearch.org.

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