



PRESS RELEASE

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PLANETARY HERBALS INTRODUCES AHCC

Immune Defense from Mushrooms

SCOTTS VALLEY, Calif. – April 21, 2009 – Mushrooms are among the most ancient plant forms on Earth and through the centuries, their powers have been legendary. For the past three decades, scientists have been unraveling the mysteries of mushrooms and discovering their broad spectrum of health properties. Planetary Herbals introduces AHCC® (active hexose correlated compound), a mushroom blend with strong immune-defense properties.

AHCC is a proprietary mushroom compound from Japan that has been widely researched for its beneficial effects in supporting healthy immune function. It is produced by enzymatic modification of several species of medicinal mushrooms from the *Basidiomycete* phylum, including the shiitake, split gill and turkey tail species.

AHCC is primarily derived from organically cultivated mushroom mycelia, the rich, pre-mushroom network of fibrous filaments, plus the medium they live on and use for fuel.

According to Planetary Herbals Herbalist Roy Upton, “Mushrooms are among the most broadly acting immune modulating substances in the natural world. Their effects are most notable in that they enhance overall immune defenses and specifically increase natural killer cell and macrophage activity.”

Upton adds, “The Japanese have been at the cutting edge of mushroom research for decades and a myriad of mushroom products are used by health practitioners worldwide in ways we are just beginning to recognize in the West. It is only a matter of time before we, as a society, as well as our health professionals, realize the incredible immune supportive benefits of these types of health-promoting mushrooms.”

One of the greatest benefits of AHCC is liver support. The liver is the body’s chemical manufacturing and detoxification factory—it handles the full brunt of assault from environmental contaminants. Due to the ever-increasing levels of stress and busy lifestyles, this overworked organ is further burdened. Human studies show that AHCC supports healthy liver function.

Suggested retail for Planetary Herbals AHCC is \$46.98 for 30 capsules and \$92.50 for 60 capsules. To learn more about Planetary Herbals and AHCC, or to find purchase locations, please visit www.PlanetaryHerbals.com.

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About Planetary Herbals

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. Many of its 200 products are developed and used on a regular basis by its team of formulators, many of whom are professional health practitioners with decades of clinical experience. The result: an herbal product line that is unequalled for efficacy, safety and dependability. For more information or purchase locations, please visit www.PlanetaryHerbals.com.