Agaricus (*Agaricus* subrufescens *[blazei* Murill] is highly valued for its richness in beta-glucans, and its health-enhancing benefits have been proclaimed for millennia. Having been validated through evidence-based science, some of the underlying reasons for its benefits include: 1) strong immunomodulating properties;[1, 2] 2) increased production of key immune cells (helper T-cells [CD4+] and cytotoxic T-cells [CD8+]);[3, 4] 3) production of leukocyte-enhancing, and NK-Cell activating effects;[5] 4) liver-health supportive effects;[6, 7] 5) significant production of cytokines (regulatory messengers of the immune system);[8] 6) effective antioxidant activity;[9] and 7) adjuvant benefits when used with some conventional therapies.[10]

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