

Preparation of Glucan from *Lentinula edodes* Edible Mushroom and Elucidation of its Medicinal Value

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Abstract: One of the most popular mushrooms in the World is Shiitake mushroom (*Lentinula edodes*). In the present study (*L. edodes*) mycelia were grown in submerged culture and the polysaccharides were extracted from culture broth. The structure of polysaccharides was elucidated using NMR spectra, which indicated that the polysaccharide is highly branched glucan containing mainly 1, 3 and 1, 6 linkages. The results showed that the polysaccharides possess anticancer activity against human esophageal cancer cell line. The potential of the internal transcribed spacer (ITS) region as a tool for studying molecular systematics and population genetics is significant. The results also showed that the polysaccharides enhance the immune-responses of human body thereby increasing resistance to cancer disease. Mycelia formed by growing pure cultures in submerged conditions are of constant composition, and submerged culture is the best technique for obtaining consistent and safe mushroom product.

Key words: Mushroom, polysaccharides, immune-responses, submerged culture, cancer.

INTRODUCTION

Consumption of edible mushrooms has been suggested to improve health. There are thousands of different mushroom species and about 700 species have been reported to have significant pharmacological properties (Chang, 1996). Medicinal mushrooms have a long history of use in traditional Oriental therapies. Hot-water-soluble fractions of medicinal mushrooms have been used as medicine in the Far East (Wasser, 2002).

In the last three decades, numerous polysaccharides and polysaccharide-protein complexes have been isolated from mushrooms and used as a source of therapeutic agents. The most promising biopharmacological activities of these biopolymers are their immunomodulation and anti-cancer effects.

They are mainly present as glucans with different types of glycosidic linkages such as (1 \rightarrow 3), (1 \rightarrow 6)-beta-glucans and (1 \rightarrow 3)-alpha-glucans, and as true heteroglycans (figure 1), while others mostly bind to protein residues as polysaccharide-protein complexes (Chihara *et al.*, 1987 and Zheng *et al.*, 2005). The β -glucans have been shown to inhibit tumor growth in vitro and in vivo.

The β -glucans lentinan from *L. edodes*, schizophyllan (sonifilan) from *Schizophyllum commune*, grifolan from *Grifola frondosa*, and extracts from *Sclerotinia sclerotiorum* all have anti-tumor activity. Intratumor injection of an acid-treated fraction of *Agaricus blazei* inhibited tumor growth of that tumor as well as other tumors at remote sites (Fujimiya *et al.*, 1998). An extract from the *Phellinus rimosus* mushroom extended the life span of mice by 96% following injection of tumor cells in an experimental Dalton's lymphoma ascites model (Ajith and Janardhanan, 2003).

L. edodes is the first medicinal macrofungus to enter the realm of modern biotechnology. It is the second most popular edible mushroom in the global market which is attributed not only to its nutritional value but also to possible potential for therapeutic applications. *L. edodes* is used medicinally for diseases involving depressed immune function (including AIDS), cancer, environmental allergies, fungal infection, frequent flu and colds, bronchial inflammation, heart disease, hyperlipidemia (including high blood cholesterol), hypertension, infectious disease, diabetes, hepatitis and regulating urinary inconsistencies. It is the source of several well-studied preparations with proven pharmacological properties, especially the polysaccharide lentinan, eritadenine, shiitake mushroom mycelium, and culture media extracts (LEM, LAP and KS-2). Antibiotic, anti-carcinogenic and antiviral compounds have been isolated intracellularly (fruiting body and mycelia) and extracellularly (culture media). Bisen *et al.*, 2010.

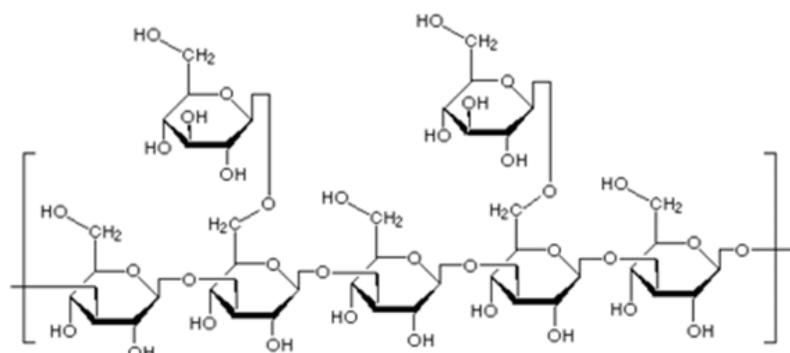


Fig. 1: Chemical structure of mushroom polysaccharides.

During the last 15 years the internal transcribed spacer (ITS) of nuclear DNA has been used as a target for analyzing fungal diversity in environmental samples, and has recently been selected as the standard marker for fungal DNA barcoding. Bellemain *et al.*, (2010). The potential of ITS region as a tool for studying molecular systematics and population genetics is significant.

Hearst *et al.*, 2009, previously suggested that it is required to isolate and identify active compound(s) in *L. edodes*. They stated that once these have been identified, suitable pharmaceutical delivery systems should be explored to allow concentrated extracts to be prepared and delivered optimally, rather than crude ingestion of raw material, which could promote further bacterial resistance.

The aims of the present study were to 1- growing *L. edodes* mycelia in submerged culture and extracting the polysaccharides from culture broth. 2- to elucidate the structure of polysaccharides using NMR spectra, and 3- to generate the phylogenetic tree of this isolate compared to other isolates. And finally 4- to possess the biological activity of the isolated polysaccharides both as antimicrobial and as anticancer (against human esophageal cancer cell line)

MATERIAL AND METHODS

Microorganism and Media

A culture of *L. edodes* was isolated from the forest in La Crosse USA. The culture was maintained on a yeast complete medium and subculture every 1 month, and the slants were incubated at 27°C for 7 days and then stored at 4°C. The seed cultures were grown in 250ml flasks containing 100 ml of medium containing (g/l) : glucose 10, yeast extract 1, peptone 2, KH₂ PO₄ 0.5 , Mg SO₄ 0.5 at 27°C on a rotary incubator at 150 rpm for 7 days.

Fermentation:

L. edodes was initially grown on yeast complete medium in Petri dish, and then transferred to the seed culture medium by punching out 2.5mm of the agar plate culture with a sterilized cutter. After 7 days of growing in shake flasks .The fermentation medium was inoculated by 3 % of the seed culture. A 15 liters Stirred tank fermentor (BIOFLO 3000 New Brunswick, USA) was used in the experiment, the cultivation in the fermentor for 10 days. The temperature was adjusted for 27°C and the rpm 150. Fermentation experiment was performed in duplicate.

Extraction of the Polysaccharide:

The fermentation broth was filtered and then centrifuged at 5000 X g for 15 minutes, and the resulting supernatant was concentrated using rotary evaporator .The concentrated supernatant was mixed with two volume of absolute ethanol, stirred vigorously and left overnight at 4°C. The purified polysaccharide is then pooled and lyophilized.

Estimation of Mycelial Growth and Polysaccharide Production:

Samples collected from the fermentor at various intervals were centrifuged at 5000 X g for 15 minutes. Polysaccharide was separated from supernatant and lyophilized until constant weight was confirmed. The dry

weight of mycelia was measured after repeated washing of the mycelial pellets and drying overnight at 70°C to a constant weight.

NMR:

The ¹³C NMR spectra were recorded on an INOVA-600 spectrometer (Varian, Palo Alto, CA, USA) at ambient temperature.

MTT Assay:

Human esophageal cancer cell line was kindly obtained from university of Cape Town.

The amount of yellow MTT (3-(4, 5-Dimethylthiazol-2-yl)-5-(3,4-diphenyltetrazolium bromide) reduced to purple formazan is measured spectrophotometrically by a spectrometer. This reduction takes place only when mitochondrial reductase enzymes are active, and thus conversion is directly related to the number of viable cells. The production of purple formazan in cells treated with an agent is measured relative to the production in control cells, and a dose-response curve can be generated (Mosmann, 1983).

Antimicrobial Activity Assay:

Muller-Hinton agar medium was used as an assay medium. The agar medium at 45°C was mixed with 0.1ml bacterial suspension. The mixture was poured into 9cm petri dish and allowed to solidify. Sterile paper disks were placed on the dried surface of the medium. Each disk received 20ml of the culture filtrate. Petri dishes were incubated at 37°C for 18hs. The inhibition zone was measured in mm. diameter (Amade *et al.*, 1994).

DNA Extraction:

DNA extraction was done using C-TAB Lysis buffer and 70% ethanol precipitation. DNA clean up via GeneClean III kit by Q-biogene. Ten microlitres of each of the extracted DNA solutions were checked by an electrophoresis on a one percent agarose gel.

PCR Analysis:

Total DNA was subject with primers specific to the ITS-domain (5'-CTTGGTCATTTAGAGGAAGTAA-3'), (5'-CCTCCGCTTATTGATATGC-3') (White *et al.*, 1990). DNA amplifications were carried out in a thermocycler Eppendorf PCR system with denaturing step at 95°C for 5min and the step cycle program set for 35 cycles (with a cycle consisting of denaturing 94°C for 30s, annealing at 45°C for 30s and extension step at 72°C for 30s), followed by a final extension step at 72°C for 10 min.

Cloning and Sequencing of PCR Fragments:

Expected PCR-amplified fragments were excised from agarose gel and purified using Qiagen Gel Extraction kit (Qiagen, Germany) and then cloned with TOPO TA cloning kit (Invitrogen, USA) in the competent *E. coli* strain TOPO 10. Plasmid DNA was isolated using Qia Spin mini-prep kit (Qiagen, Germany). Plasmid DNA was sequenced in both directions using BigDye Sequencing kit and Applied Biosystems 3730xl automated DNA sequencing Instrument at the University of Wisconsin, USA. Biotechnology Center.

Alignment and Phylogeny:

Pairwise and multiple DNA sequence alignment were carried out using CLUSTALW (<http://align.genome.jp>). The phylogenetic tree was generated using MUSCLE 3.7 (<http://www.phylogeny.fr/>) according to Dereeper *et al.*, 2008). To obtain the phylogeny tree, 10 different strains were used, including ours, as illustrated in table (1).

RESULTS AND DISCUSSION

Shiitake (*L. edodes* (Berkeley) Pegler) is one of the most consumed mushrooms, for both therapeutic purposes and as food, therefore, the study of its biological properties is of great interest for producers and consumers. *L. edodes* mycelia have an excellent nutritional value. Their raw mycelia were found to include 88–92% water, protein, lipids, carbohydrates as well as vitamins and minerals. On a dry weight basis, they have a relatively high nutritional value when compared to commonly consumed vegetables. Dried shiitake mushrooms are rich in carbohydrates and protein. They contain 58–60% carbohydrates, 20–23% protein

Table 1: Strains of *L. edodes* or *P. ostreatus* used to obtain Alignment and phylogeny.

geneBank #	strain	Reference
AB366150.1	<i>L. edodes</i> strain: G408PP-4 , 18S rRNA	Miyazaki <i>et al.</i> , 2007
EU424320.2	<i>L. edodes</i> strain ACCC51462, 18S rRNA gene, partial sequence	Gao <i>et al.</i> , 2008
EU520255.1	<i>P. ostreatus</i> isolate NW438 18S rRNA gene, partial sequence	Yu, 2008
FJ481023.1	<i>L. edodes</i> strain xsd08112, 18S rRNA gene, partial sequence	Jiang <i>et al.</i> , 2008
FJ582641.1	<i>L. edodes</i> strain xsd08092 18S rRNA gene, partial sequence	Jiang <i>et al.</i> , 2008
FJ810189.1	<i>L. edodes</i> strain dd08110, 18S rRNA gene, partial sequence	Jiang <i>et al.</i> , 2009
GU001952	<i>L. edodes</i> strain 135, 18S rRNA gene, partial sequence	Cao & Bao, 2009
HQ186261	<i>L. edodes</i> 18S rRNA gene, ITS1, 5.8S rRNA gene ITS2 and 28S rRNA gene	Le <i>et al.</i> , 2010
U33091.1	<i>L. edodes</i> isolate TMI-818	Hibbett <i>et al.</i> , 1995

(digestibility of 80–87%), 9–10% fiber, 3–4% lipids, and 4–5% ash (Data not shown). Shiitake is one of the best-known and best-characterized mushrooms used in medicine. It is the source of several well-studied preparations with proven pharmacological properties, especially the polysaccharide. Using methods of fractionation and purification of polysaccharide reported by Chihara (1969 and 1992) exo-polysaccharides were isolated from shiitake, Chihara was one of the first to report on the anti-tumor properties of the mushroom, stating that lentinan a polysaccharide isolated from the fruit bodies “was found to almost completely regress the solid type tumors of Sarcoma 180 and several kinds of tumors including methylchloranthrene induced fibrosarcoma in synergic host–tumor system Wasser (2002).

The potential of the ITS region as a tool for studying molecular systematics and population genetics is significant (Boyer *et al.*, 2001). We compared our ITS r-RNA *L. edodes* sequence with another sequences on GenBank to detect the similarity of this region with other *L. edodes* isolates (figures 2, 3) (Hibbett *et al.*, 1995; Miyazaki *et al.*, 2007, Gao *et al.*, 2008, Yu, 2008, Jiang *et al.*, 2008 (a), Jiang *et al.*, 2008 (b), Jiang *et al.*, 2009, Cao & Bao, 2009, and Le *et al.*, 2010).

The H NMR Spectra (Figure4) of the exopolysaccharides exhibited signals at different resonance which represent the anomeric proton and protons of the different hydroxyl groups. The C13 NMR Spectra showed the presence of 6 carbon atoms the proton magnetic resonance is the most accurate spectroscopic method used to determine the structure of new compounds. The obtained NMR spectra could be compared with those reported by Gorin (1981) for lentinan polysaccharides, a potent antitumor agent extracted from shiitake.

Mushroom polysaccharides were tested for antibacterial activity in vitro against gram positive and gram negative bacteria. The minimum inhibitory concentration reported in Table (2) shows that mushroom polysaccharide has a potent antibacterial effect against different kind of bacteria. Only a few studies have explored shiitake’s antibacterial components, and these have concentrated on their potential in terms of bacteria of oral origin. Anti-bacterial activity is an exciting result, with increasing bacterial resistance to antibiotics, improving host immunity may be the way forward in fighting bacterial infection. But, these results should be viewed with caution because the published papers in this area are confined to only one or two journals, and although these have reliable IF scores, this fact does not lend support to them being credible results. There is a lack of significant studies in this area; and none that were from researching the anti-carries aspect of anti-bacterial activity.

A postulated mechanism of lentinan’s anti-bacterial activity was by the induction of increased levels of complement C3 and C3b formation (Shouji *et al.*, 1999). Although, modulation of the non-specific immune system has also been displayed in numerous studies, and may be the potentiator of lentinan’s anti-bacterial activity.

Cytotoxic activity of isolated polysaccharides was examined using esophageal cancer cell line in vitro. Results showed that polysaccharides inhibited tumour cell growth .This result are with the conclusion of other investigators (Hibasami *et al.*, 2003 and Zhang *et al.*, 2007) who stated that these polysaccharides could arrest the cell cycle and generate apoptosis. Also Miyaji *et al.*, 2006, evaluated the aqueous extracts of the shiitake mushroom (*L. edodes* (Berkeley) Pegler) in HEp-2 cells in vitro. Jwanny *et al.*, 2009, also found a strong cytotoxic effect of polysaccharides isolated from *pleurotus ostreatus* and *Trigonella foenumgraecum* on different cell lines i.e. HCT-116 (colon), HepG2 (liver) and U251 (brain)

Extracts of multiple varieties of mushrooms have been shown to be protective in experimental cancer models; presumably because in part they boost anti-tumor immunity. These polysaccharides and polysaccharide-protein complexes are suggested to enhance cell-mediated immune responses in vivo and in vitro and act as biological response modifiers (Borchers *et al.*, 1999). Potentiation of the host defense system may result in the activation of many kinds of immune cells that are vitally important for the maintenance of homeostasis. Polysaccharides or polysaccharide-protein complexes are considered as multi-cytokine inducers that are able

Gblocks 0.91b Results, Processed file: input.fasta
Number of sequences: 10, New number of positions: 582

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GU001952    CCTCCGATTCTATTTCATCCACCTGTGCACCTTTTGTAGGAGTTCITTCATCGGGTTTT
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FJ582641.1  CCTCCGATTCTATTTCATCCACCTGTGCACCTTTTGTAGGAGTTCITTCATCGGGTTTT
FJ481023.1  CCTCCGATTCTATTTCATCCACCTGTGCACCTTTTGTAGGAGTTCITTCATCGGGTTTT
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EUS20255.1  GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
GU001952    GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
EU424320.2  GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
ITS_L_Edodes  GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
FJ810189.1  GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
AB366150.1  GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
FJ582641.1  GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
FJ481023.1  GAA-GGTGCTCAITATGAGTACTGAAAANGACTAGTGTGACAGGCTTCTAIG-ITCTTA
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HQ186261    TAAACCAITGAAGTATG-TAAGAATGATCTTGTTATGGGACTTTATGACCCCTTAAA
EUS20255.1  TAAACCAITGAAGTATG-TAAGAATGATCTTGTTATGGGACTTTATGACCCCTTAAA
GU001952    TAAACCAITGAAGTATG-TAAGAATGATCTTGTTATGGGACTTTATGACCCCTTAAA
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ITS_L_Edodes  TAAACCAITGAAGTATG-TAAGAATGATCTTGTTATGGGACTTTATGACCCCTTAAA
FJ810189.1  TAAACCAITGAAGTATG-TAAGAATGATCTTGTTATGGGACTTTATGACCCCTTAAA
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FJ582641.1  TAAACCAITGAAGTATG-TAAGAATGATCTTGTTATGGGACTTTATGACCCCTTAAA
FJ481023.1  TAAACCAITGAAGTATG-TAAGAATGATCTTGTTATGGGACTTTATGACCCCTTAAA
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ITS_L_Edodes  CTTAATAGCACTTCAGCAACGGATCTCTTGGCTCCTCCATCGATGAAGAOCGACGCA
FJ810189.1  CTTAATAGCACTTCAGCAACGGATCTCTTGGCTCCTCCATCGATGAAGAOCGACGCA
AB366150.1  CTTAATAGCACTTCAGCAACGGATCTCTTGGCTCCTCCATCGATGAAGAOCGACGCA
FJ582641.1  CTTAATAGCACTTCAGCAACGGATCTCTTGGCTCCTCCATCGATGAAGAOCGACGCA
FJ481023.1  CTTAATAGCACTTCAGCAACGGATCTCTTGGCTCCTCCATCGATGAAGAOCGACGCA
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FJ810189.1  ATGCGATAAGTAAATGTAATGCAGAAATTCAGTGAATCATOGAATCTTGAACGCACCT
AB366150.1  ATGCGATAAGTAAATGTAATGCAGAAATTCAGTGAATCATOGAATCTTGAACGCACCT
FJ582641.1  ATGCGATAAGTAAATGTAATGCAGAAATTCAGTGAATCATOGAATCTTGAACGCACCT
FJ481023.1  ATGCGATAAGTAAATGTAATGCAGAAATTCAGTGAATCATOGAATCTTGAACGCACCT
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ITS_L_Edodes  GCGCCCTCTGGTATTCOGGAGGCAATGCGNAT-CCTGTTGAGTGTCAITAAATCTCAACTTAT
FJ810189.1  GCGCCCTCTGGTATTCOGGAGGCAATGCGNAT-CCTGTTGAGTGTCAITAAATCTCAACTTAT
AB366150.1  GCGCCCTCTGGTATTCOGGAGGCAATGCGNAT-CCTGTTGAGTGTCAITAAATCTCAACTTAT
FJ582641.1  GCGCCCTCTGGTATTCOGGAGGCAATGCGNAT-CCTGTTGAGTGTCAITAAATCTCAACTTAT
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          370      380      390      400      410      420
=====+=====+=====+=====+=====+=====+
U33091.1   AAG-TTTTACTTATTAAGCTTGGATGTTGGAGGCTTGCAAGCCGTTGTCAAGCTCCTCT
HQ186261  AAG-TTTTACTTATCAAGCTTGGATGTTGGAGGCTTGCAAGCCGTTGTCAAGCTCCTCT
EU520255.1 AAG-TTTTACTTATTAAGCTTGGATGTTGGAGGCTTGCAAGCCGTTGTCAAGCTCCTCT
GU001952  AAG-TTTTACTTATTAAGCTTGGATGTTGGAGGCTTGCAAGCCGTTGTCAAGCTCCTCT
EU424320.2 AAG-TTTTACTTATTAAGCTTGGATGTTGGAGGCTTGCAAGCCGTTGTCAAGCTCCTCT
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FJ582641.1 AAG-TTTTACTTATTAAGCTTGGATGTTGGAGGCTTGCAAGCCGTTGTCAAGCTCCTCT
FJ481023.1 AAG-TTTTACTTATTAAGCTTGGATGTTGGAGGCTTGCAAGCCGTTGTCAAGCTCCTCT
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          430      440      450      460      470      480
=====+=====+=====+=====+=====+=====+
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FJ582641.1 TAAATTTATTAGTGGGAACCTGTTTGTGTTAGTCTAACCCTTGGTGTGATAAATATCTAC
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FJ582641.1 CTCAACTCTGTTCTATTCAITGGAGAAAAGGGGAAAGTTCGCTTCTAAGCTGCTTGATTGAC
FJ481023.1 CTCAACTCTGTTCTATTCAITGGAGAAAAGGGGAAAGTTCGCTTCTAAGCTGCTTGATTGAC
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Fig. 2: Alignment of ITS (internal transcribed spacer) rRNA region from a single isolate of *L. edodes* with different species

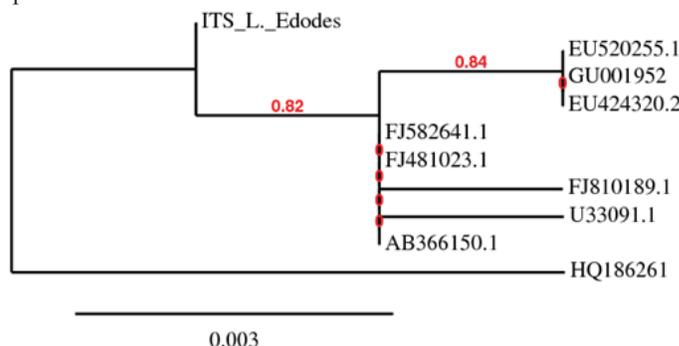


Fig. 3: Phylogenetic tree of nucleotide sequences of single isolate of *L. edodes* with different species

to induce gene expression of various immunomodulatory cytokines and cytokine receptors (Okamoto *et al.*, 2004).

Some interesting studies focus on investigation of the relationship between their structure and antitumor activity, elucidation of their antitumor mechanism at the molecular level, and improvement of their various biological activities by chemical modifications. Israilides *et al* (2008) demonstrate cytotoxic and cell growth inhibitory (cytostatic) effect of aqueous extracts of the shiitake mushroom on MCF-7 human breast adenocarcinoma cell line. Such effect was demonstrated with fruit body and mycelial extracts, the difference

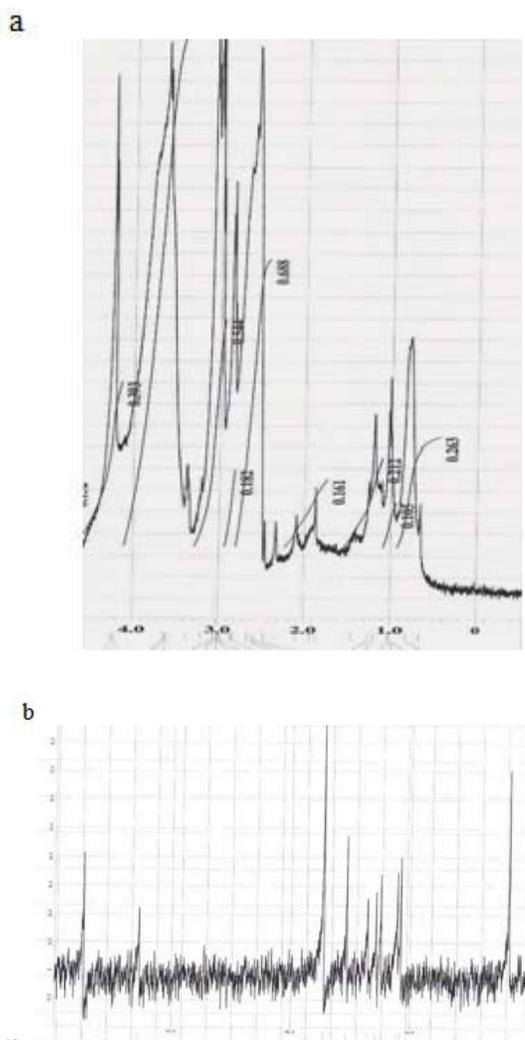


Fig. (4 a,b): Proton and C¹³ NMR.

Table 2: Antimicrobial activity of Shiitake polysaccharides

Test bacterium	MIC (mg) for sample
Gram Positive	
Bacillus coagulans ATCC 7050	-
Bacillus megaterium NCIB 2602	150
Enterococcus faecium vanA	-
Enterococcus phoeniculicola JLB-1T	150
Micrococcus sp.	100
Mycobacterium aurum A+	300
Mycobacterium tuberculosis H37Rv ATCC 27294	-
Staphylococcus aureus	-
Streptococcus sp.	150
Gram negatives:	
Acinetobacter calcoaceticus C91	150
Citrobacter braaki 90	-
Enterobacter cloacae 67	150
Escherichia coli ATCC 25922	-
Escherichia coli ATCC 35218	-
Klebsiella oxytoca K52	150
Klebsiella pneumoniae K4	80
Proteus mirabilis 87	-
Pseudomonosa ATCC 27853nas aerugi	-

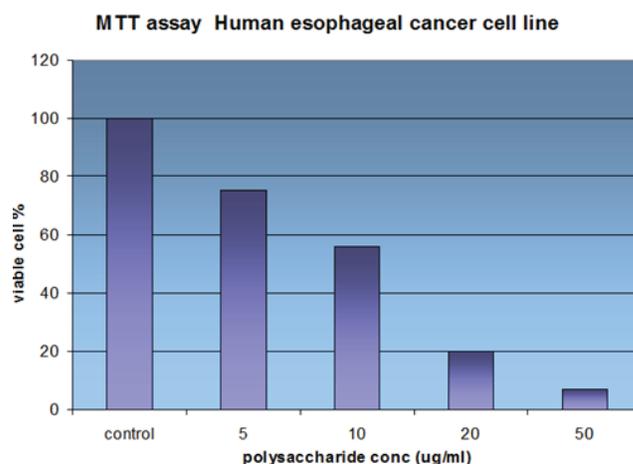


Fig. 5: Cytotoxic activity of Shiitake polysaccharides assessed by the Mossman assay against human esophageal cancer cell line. The bars report the percentage of viable cells after 24 hours of their exposure to different conc. of polysaccharides compared control.

being that there was no significant suppression on normal cells with the latter. Furthermore mycelial extracts did not induce any cytostatic effect in both cancer and normal cell lines based on a DNA synthesis assay. The significant suppression of the proliferation of cancer cells was reflected by the comparatively low IC (50) values and the simultaneous higher respective values on normal fibroblast cells.

There is a lot of evidence to support the anti-tumour assertions made of lentinan. A number of valuable studies have been conducted on the consequence of lentinan administration, and its acceptance into clinical medicine in Japan should perhaps highlight its efficacy. The researchers in Japan have covered much ground in the area of nutraceuticals from mushrooms and have unearthed the potential of *L. edodes*. At the moment there is not enough credible information to warrant the marketing of lentinan in the world, further investigations, look to be promising, while isolated purified shiitake constituents have received appropriate scrutiny investigations into the anti-tumour potentials of shiitake consumption are limited. There is a lack of epidemiological data as to the prophylactic effects of mushroom intake on the development of spontaneous tumours and the evidence that suggests shiitake consumption elicits anti-tumour effects are only found in murine systems. Therefore, the claim that shiitake consumption has anti-tumour effects is not fully substantiated.

Conclusions:

This study shows the potential the efficacy of the given method to isolate a highly branched glucan containing mainly 1, 3 and 1, 6 linkages. Biological examinations revealed its antimicrobial, cytotoxic activity against esophageal cancer cell line. Further research is needed to establish content and bioactivity of the many compounds present and the effect of preparation and consumption differences on their medicinal activity.

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