

# I'm-Yunity®

*A premier mushroom immunocutical with peer-reviewed clinical studies to prove its benefits and effectiveness*

*Scientifically researched and clinically studied at prestigious institutions in the United States, Hong Kong and China.*

*Manufactured in the United States*

**I'm-Yunity®**

- supports normal **immune function** and enhances **overall health**
- contains ***Coriolus versicolor* (mycelia)** with standardized ingredient **polysaccharopeptide**
- proprietary **cultivation technology** and **extraction method**
- manufactured according to **USP c-GMP** standard
- committed to **scientific research** on immune health benefits of *Coriolus versicolor* (mycelia)
- **Clinical study collaboration** with prestigious universities and hospitals

**I'm-Yunity® supports normal immune function and enhances overall health**

**A proprietary formula now available in the US**

I'm-Yunity® extract effectively delivers the standardized ingredient polysaccharopeptide which can only be isolated from the proprietary mycelia strain of the *Coriolus versicolor* mushroom. This extract supports immune health and helps stabilize white blood cell counts. It enhances quality of life by maintaining good energy levels and appetite. Unlike other mushroom products, I'm-Yunity® is a pure, single-species herbal supplement.

**Superior cultivation technology**

The proprietary mycelia strain of *Coriolus versicolor* is cultivated using deep layer cultivation technology with submerged fermentation. This process was developed by renowned fungus expert, Professor Yang Qingyao. He successfully identified the optimal mycelia strain of *Coriolus versicolor* in 1984 in addition to making a technological breakthrough in the structural elucidation of polysaccharopeptide.

## **Superior extraction method**

Using a complex extraction method that includes residue filtration, hot water extraction and ethanol precipitation, specific types of polysaccharopeptide molecules are isolated from this mushroom's mycelia, which are responsible for this mushroom's health benefits. This unique process isolates effective polysaccharopeptide molecules ensuring superiority to other polysaccharopeptide products.

## **Superior and unique ingredient**

After a 20-year research effort, it was found that *our strain of Coriolus versicolor* contains unique polysaccharide structures covalently linked to peptide chains at several predominant carbon positions. It is hypothesized that this macro-structure may account for its proven health benefits. The unique structure contained inside *our strain of Coriolus versicolor* was later named as polysaccharopeptide for identification because the **polysaccharopeptide** structure is different from either pure polysaccharides or from simple mixtures of proteins and polysaccharides contained in other products.

## **Product features**

- I'm-Yunity® is tested to comply with heavy metal, pesticide and microbial safety standards.
- 100% Vegetarian capsule
- Standardized extract
- Guaranteed quality and formulation – the product is manufactured in adherence to USP c-GMP guidelines

## **Ingredients:**

*Coriolus versicolor* (mycelia) with standardized active ingredient polysaccharopeptide

- Hydroxypropylmethylcellulose (Vegetarian capsule)

**Dosage:** 400mg capsules

## **Suggested use:**

For adults, take one to three capsules three times daily with a glass of water after meals. Taking the capsules with warm water is preferred.

## **Precautions:**

Do not take this product if you have had an organ transplant. Consult a physician before taking this product if you are pregnant or nursing or on immunosuppressant medication.

## **About the Zhi Mushroom**

*Coriolus versicolor* is known as Yunzhi in China. In Chinese, the first word “yun” means cloud and the second word “zhi” refers to a mushroom with powerful health-fortifying properties.

**In ancient times, zhi refers to this cloud-like mushroom with health-promoting qualities**



The effects of “zhi” have been known for centuries and are documented in Chinese medical texts throughout history. The earliest complete Chinese pharmacopoeia reference, *Shennong Bencaojing (Classic of Herbal Medicine)*, published over hundreds of years ago regarded “zhi” as a godly medicine. In the Ming Dynasty (1368-1644AD), Li Shizhen’s *Bencao Gangmu (Compendium of Materia Medica)* described the zhi’s effects as invigorating vital energy, maintaining one’s optimal weight, favoring longevity and avoiding unnecessary aging, if taken appropriately.

### **Researchers started asking new questions**

In light of the broad health benefits of Zhi mushrooms recorded in the ancient literature, researchers began to ask if these well-known effects might also be related to our immune function in terms of modern physiology. There is now consensus among researchers that immuno-enhancing effects play a major role in the overall health benefits of Zhi mushrooms.

Today’s researchers from all fields such as fungus biology, botany, herbology, pharmacology, biology, physiology, biochemistry, Western medicine, TCM, immunology and even oncology are studying these ancient mysterious Zhi mushrooms to better understand the health benefits locked inside them. From these studies, the research evidence shows some promising results in different in-vitro and in-vivo study settings. The most researched of the Zhi mushrooms are the Yunzhi (*Coriolus versicolor*) and Lingzhi (*Ganoderma lucidium*).

### **Immune health**

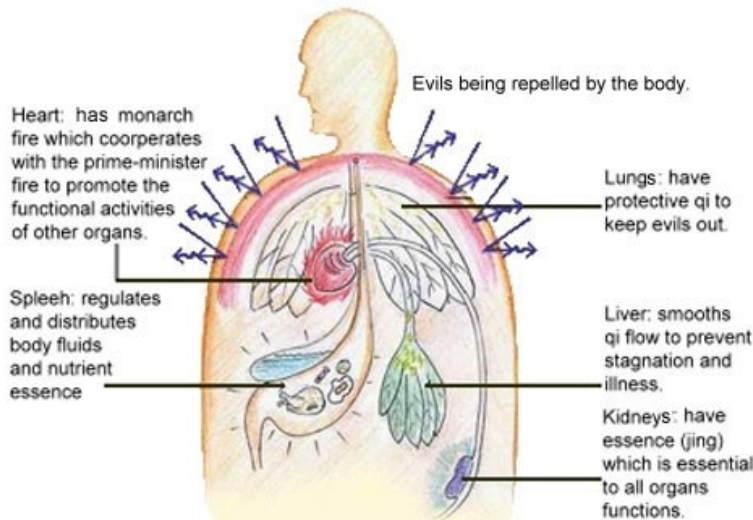
In Western physiology, the immune system guards the body against any foreign body invasions. These foreign bodies include pathological microorganisms such as bacteria, viruses, fungi and toxins. Our immune system also keeps guard against any abnormal cells or any abnormal changes in the cells of the body that are recognized as foreign by the immune system. Some research suggests that if these abnormal cells develop mechanisms to escape the recognition and elimination by the immune system, serious health consequences may occur. These functions are known as immune defense and immune surveillance respectively.

### **White blood cells are the main cells that “execute” the immune functions for the body**

There are various types of white blood cells taking part in different parts of the immune system. They include the acquired immune system, which can form antibodies and activated lymphocytes that attack and destroy specific foreign organisms and toxins. Cells involved in the acquired immune system include cytotoxic T cells, helper T cells and suppressor T cells. The T lymphocyte system can kill foreign bodies directly once induced by antigens of foreign bodies and/or by the subsequent activation of plasma and “memory” cells of the B lymphocyte system, which produce antibodies upon antigen stimulation and activation.

There is another innate immune system that does not need antigen stimulation and activation. Cells involved in this non-specific immunity include natural killer cells, macrophages, and neutrophils. These cells act as the body’s first line of defense and can kill the foreign bodies before the activation of the T and B-lymphocytes. In addition to immune cells, some small molecular proteins also take part in the immune system and help regulate and mediate the activities of the immune cells. These proteins are called cytokines. Interleukins (IL), interferon (IF) and tumour necrosis factor (TNF) are examples of cytokines.

## In Chinese medicine, there is no specific term for “immune”



In TCM, healthy vital energy (qi) refers to the body's natural resistance against diseases and its repair ability, which is closely associated with the physiological activities of the organs.

Instead, it embraces the holistic concept of balancing. Chinese medicine focuses on the internal harmony of qi to maintain immune health. This internal harmony encompasses the balance of qi movement throughout the body and the balance of qi in the organs. If any organ is disturbed, the body becomes susceptible to certain types of evil qi in the environment. In the *Huang Di Nei Jing (The Yellow Emperor's Classic of Internal Medicine)*, there is a classic saying, “If normal qi is present inside our body, evils cannot interfere with the body.”

### Based on Sound Research

I'm-Yunity® is a well-researched mushroom health supplement made from the mycelium extract of Yunzhi mushroom (*Coriolus versicolor*). Over the last 20 years, our company group has supported studies including clinical trials to identify the active ingredient groups of polysaccharopeptide and demonstrate its immune health benefits in the body. Following are a few key findings. (To receive more information about polysaccharopeptide research, please email us at [info@icm.com.hk](mailto:info@icm.com.hk).)

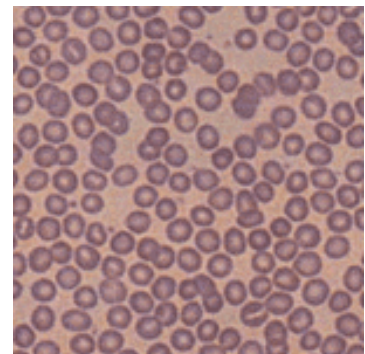
#### Strong Immunity as Strong Protection

Phase I <sup>1</sup> (21 cases, 1 hospital), Phase II <sup>2</sup> (485 cases, 8 hospitals) and Phase III <sup>3</sup> (650 cases, 14 hospitals) randomized controlled clinical trials showed that our Yunzhi polysaccharopeptide supports normal immune function and benefits general well being. <sup>1,2,3,4</sup> These results were reflected in the increase in the activity of natural killer cells <sup>2</sup>, increase in the production of interleukin-2 <sup>1,2</sup> and increase in the ratio of helper T cells (CD4+) to cytotoxic T cells (CD8+) <sup>1,2</sup> in comparison with the control group.

The above are all immune cells and proteins responsible for guarding against and killing any foreign bodies and abnormal cells in the body. Their increase suggests our Yunzhi polysaccharopeptide possess immune supporting benefits and potentially can enhance our immune surveillance.

#### Maintaining White Blood Cell Levels

Another clinical study carried out by clinical oncologists successfully showed Yunzhi polysaccharopeptide was able to maintain white blood cell counts in comparison with a control group. <sup>5</sup> Additionally recently published phase II (34 cases) <sup>6</sup> double-blind, placebo-controlled and randomized clinical trial reported that study subjects



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taking polysaccharopeptide for four weeks had significant improvement in their white blood cell and neutrophil counts, serum Immunoglobulin G and Immunoglobulin M (two types of antibodies in the serum of blood) ( $p < 0.05$ ) compared with their pretreatment values.<sup>6</sup>

	PSP		Placebo		+P
	Pre-Rx Mean (SD)	Post-Rx Mean (SD)	Pre-Rx Mean (SD)	Post-Rx Mean (SD)	
Hemoglobin (g/dl)	12.1 (1.40)	12.3 (1.23)	12.6 (1.59)	13.0 (1.45)	0.76
WBC ( $10^9/l$ )	6.4 (1.76)	7.3 (2.39)*	6.9 (5.22)	6.8 (3.06)*	0.73
Neutrophils ( $10^9/l$ )	4.4 (1.47)	5.2 (2.21)*	5.1 (5.34)	4.8 (2.85)*	0.77
Platelet ( $10^9/l$ )	264.7 (81.68)	267.8 (98.46)	245.0 (103.64)	243.8 (80.15)	0.97
Creatinine ( $\mu\text{mol/l}$ )	91.2 (13.15)	92.0 (13.28)	84.7 (13.74)	90.4 (17.95)	0.21
IgA (mg/dl)	268.3 (96.90)	280.6 (108.45)	305.2 (114.30)	292.4 (108.95)	0.85
IgG (mg/dl)	1468.8 (447.89)	1590.4 (504.89)*	1574.1 (741.27)	1532.8 (712.01)	<b>0.02</b>
IgM (mg/dl)	131.1 (63.15)	1393 (64.32)*	142.7 (81.91)	126.9 (59.29)	<b>0.04</b>
Albumin (g/l)	40.6 (4.28)	40.5 (3.30)	40.6 (5.29)	41.2 (4.47)	0.91
Globulin (g/l)	37.4 (5.94)	38.3 (6.44)	37.8 (8.78)	36.8 (8.41)	0.20
Aspartate transaminase (U/l)	21.8 (8.48)	21.8 (6.28)	30.5 (28.94)	23.4 (6.10)	0.17
Alanine tansaminase (U/l)	16.8 (9.69)	16.6 (8.28)	37.7 (61.87)	21.3 (9.60)	0.20
Body mass index	21.8 (3.52)	21.8 (3.42)	24.0 (3.61)	24.1 (3.72)	0.65
Body fat contents (%)	22.5 (9.04)	23.3 (8.97)*	24.6 (7.85)	24.5 (8.20)	0.08

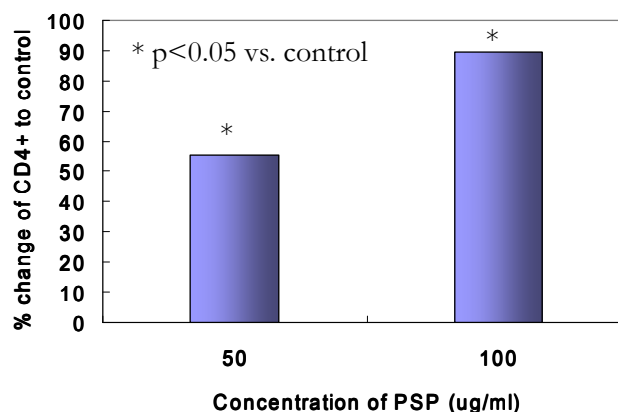
\*P < 0.05 when compared with baseline data from within-group comparison. +P values obtained on between group comparisons on post-treatment data.  
PSP=Yun-zhi polysaccharide peptide.

## Increased Immune Proteins

Other experimental studies suggest our Yunzhi polysaccharopeptide can induce the increase of cytokines (immune proteins) such as an increase in  $\alpha$  and  $\gamma$ -interferon production<sup>7</sup> and an increase of helper T cells (CD4+) under certain experimental conditions.<sup>8</sup>

Moreover, Yunzhi polysaccharopeptide was shown to activate macrophages, which secrete tumour necrosis factors and other reactive intermediates to mediate immunomodulatory effects.<sup>9</sup> An animal study also suggested Yunzhi polysaccharopeptide may counteract the depressive effect of certain drugs on white blood cell counts and interleukin-2 production.<sup>10</sup>

PSP induces the production of CD4+



## Looking at Drug-Herb Interactions

The most recent clinical study conducted in the US investigated the ability of I'm-Yunity® to inhibit or induce the drug metabolism of CYP3A4 in healthy adult human subjects by using an erythromycin breath test (EBT). A 14-day course of I'm-Yunity® was not associated with any clinically significant CYP3A4 inhibition or induction. This suggests that the administration of I'm-Yunity® with other medications and dietary supplements which are primarily metabolized by CYP3A4, a subtype of the P450 enzyme pathway, is not expected to be associated with significant herb-drug interactions.<sup>11</sup>

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**Please email us for answers to your questions or to have a Company representative contact you.**



**Integrated Chinese Medicine Holdings Ltd.**

**Office : (852) 2739-2611**

**Fax: (852) 2721-2451**

**[info@icm.com.hk](mailto:info@icm.com.hk)**

**[www.icm.com.hk](http://www.icm.com.hk)**

**Address: Room 209, 2/F., East Ocean Centre,  
98 Granville Road, Tsimshatsui East,  
Kowloon, Hong Kong SAR China**



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