

# I'm-Yunity®

This product is marketed under the brand names "Winsor Essence of Mushroom" in Hong Kong market and "I'm-Yunity®" in international markets



## Premium herbal mushroom for immune balance

### WHY HEALTHY IMMUNE SYSTEM IS IMPORTANT ?

The body's immune system plays a major role in the body's fight against disease, which can be caused by pathogenic microorganisms such as bacteria, viruses and fungi, and toxins. Our immune system also keeps surveillance on any abnormal cells or any abnormal changes in the cells of the body that are recognized as foreign. If our immune system is weakened, our body cannot efficiently fight disease and this may lead to serious health problems.

Having no sign of illness does not mean that you are healthy. In TCM, most people are defined as being somewhere between ill and healthy. We call this a "sub-health" state. People in this state have weaker immune systems and have a higher possibility of being overweight or suffering from cardiovascular problems.

The purpose of healthcare is to improve the body and lower the possibility of developing health problems in the future. "Prevention is better than cure" is the old adage.

### WHO SHOULD TAKE I'm-Yunity® ?

- ★ Healthy individuals who wish to have a well-functioning immune system and improve their quality of life.
- ★ Individuals who are on chemo/radiotherapy or who are recovering after medical treatment. This product may help relieve treatment effects such as poor appetite and low energy.
- ★ Individuals who wish to balance their immune system, maintain good energy levels and general overall fitness.
- ★ Individuals who wish to maintain good immune function when prevalence of community acquired illness is high.

### WHY I'm-Yunity® ?

#### ✓ Technological breakthrough of Polysaccharopeptide (PSP)

"PolySaccharoPeptide"(PSP) is extracted from the COV-1® mycelia strain of *Coriolus versicolor* which 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 which is a technological breakthrough in the structural elucidation of Polysaccharopeptide.

#### ✓ Numerous research studies over the past 20 years

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 numerous studies undertaken by **well-known Universities in the USA and Hong Kong**, including clinical trials on identifying the active ingredient groups of Polysaccharopeptide (PSP) and elucidating its immune health benefits in the body.

#### ✓ Long history of proven efficacy

After a 20-year research effort and customers feedback, it was found this extract supports immune health and enhances quality of life by maintaining good energy levels and appetite. Unlike other mushroom products, I'm-Yunity® contains 100% PSP extract with high efficacy.

#### ✓ Quality assurance

I'm-Yunity® extract effectively delivers the standardized ingredient Polysaccharopeptide (PSP) which is isolated from the proprietary mycelia strain of the *Coriolus versicolor* mushroom. It is tested to comply with heavy metal, pesticide and microbial safety standards.

## INGREDIENTS

### *Coriolus versicolor* (mycelia) with standardized ingredient Polysaccharopeptide (PSP)

Individual herbs & their descriptions of benefits from the *Chinese Materia Medica*:

*Coriolus versicolor* (Yunzhi) is bland and slightly cool in properties. Yunzhi fortifies the spleen to drain dampness, clears heat and removes toxins.

Yunzhi invigorates the spleen and eliminates dampness. According to Traditional Chinese Medicine, the spleen is regarded as the "acquired foundation" and the origin of the blood and chi. The smooth flow of blood and chi supports harmonious function among the organs which is essential for a healthy immune system.



\*The above statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# I'm-Yunity® - Research Studies

## \*Benefits on immune parameters<sup>1,2,3</sup>

I'm-Yunity® possesses immune supporting benefits and potentially enhances our immune surveillance in some weak immune systems. Studies have shown that Polysaccharopeptide boosts the activity of natural killer cells<sup>2</sup>, stimulates the production of interleukin-2<sup>1,2</sup> and increases the ratio of the helper T cells (CD4+) to cytotoxic T cells (CD8+)<sup>1,2</sup>. In addition, it can induce the secretion of cytokines such as  $\alpha$  and  $\gamma$  interferon<sup>3</sup>.

## \*Uses PSP in conjunction with chemo & radiation<sup>4,5</sup>

In the 2005 edition of Pharmacopeia of the People's Republic of China, Yun-zhi (*Coriolus*) was described as regulating the immune function. Also, clinical studies have demonstrated that polysaccharopeptide could stabilize white blood cell counts<sup>4</sup> and alleviate chemotherapy and radiotherapy symptoms including nausea, fatigue and loss of appetite, when used as adjunct therapy.<sup>5</sup>

## \*Studies on white blood cells counts<sup>6</sup>

Another phase II, randomized, double –blinded, placebo-controlled clinical trial supported by our company group successfully published in *Respiratory Medicine* journal showed that Polysaccharopeptide (PSP) had significant improvement on the white blood cells and neutrophil counts in patients with stage III and IV non-small cell lung cancer (P<0.05). Significant improvements were also seen in serum IgG and IgM in comparison with the control group. (p<0.05).<sup>6</sup>

## \*Studies on drug – herb Interaction<sup>7</sup>

A clinical study conducted in the U.S. suggested 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>7</sup>

## \*Effects on the progression of metastases & the survival times in canine hemangiosarcoma<sup>8</sup>

A randomized, double-blinded, multidose pilot study undertaken at a well-known veterinary research center in the U.S. in canine hemangiosarcoma cancer showed that "high-dose (100mg/kg/day) PSP significantly delayed the progression of metastases and afforded the longest survival times reported in canine hemangiosarcoma."<sup>8</sup>

## \*PSP acts as a prebiotic to modulate human intestinal microbiome composition<sup>9,10</sup>

Data from a randomized clinical study, with twenty-four healthy volunteers, undertaken at a well-known University in Boston, U.S. showed that PSP can lead to clear and consistent microbiome changes. This prebiotic-like activity could be one of the explanations to the health benefits given by PSP in *Coriolus versicolor*.<sup>9</sup>

### \*References:

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2. Liu Jx, et al. Phase II clinical trial for PSP capsules. *PSP International Symposium* (ed. Yang QY and Kwok CY), 183-208 (Fudan University Press, 1993)
3. Yang JC, et. al. The stimulation and inductive effects of *Coriolus versicolor* polysaccharopeptide (PSP) on interferon. *Advanced research in PSP* (ed. Yang, Q.Y.), 164-167 (The Hong Kong Association for Health Care Ltd., 1999)
4. Shiu WCT, et al. A clinical study of PSP on peripheral blood counts during chemotherapy. *Phytotherapy research*. **6**, 217-218 (1992).
5. Kidd PM. The use of mushroom glucans and proteoglycans in cancer treatment. *Alternative Medicine Review*. **5**, 4-27 (2000).
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7. Nicandro JP, et al. In vivo effect of I'm-Yunity™ on hepatic cytochrome P450 3A4. *Journal of Herbal Pharmacotherapy*. **7**, 39-56 (2007).
8. Brown Dorothy Cimino, Reetz Jennifer. Single agent polysaccharopeptide delays metastases and improves survival in naturally occurring hemangiosarcoma. Evidence-based complementary and alternative medicine. eCAM 2012; **384301**, (2012).
9. Yu, ZT et al. *Trametes versicolor* extract modifies human fecal microbiota composition in vitro. *Plant Foods of Human Nutrition*, **68**, 107-112. (2013)
10. Pallav K, et al. Effects of polysaccharopeptide from *Trametes Versicolor* and amoxicillin on the gut microbiome of healthy volunteers: A randomized clinical trial. *Gut Microbes*. **5**, 458-467 (2014).

**Bottle size:** 60 capsules (Regular size) | 500 capsules (Family size)

**Dosage:** 400 mg capsules

**Suggested use:** For adults, take one to three capsules three times daily with a glass of water after meals.

**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.



## Integrated Chinese Medicine Holdings Ltd.

The customer services offered by Integrated Chinese Medicine Holdings Ltd. ("ICM") ([www.icm.com.hk](http://www.icm.com.hk)) embody Chinese medicine's holistic approach to health. This is accomplished through education, clinical consultations and the use of Chinese herbal supplements. Education is carried out through Shen-Nong Ltd. ([www.shen-nong.com](http://www.shen-nong.com)) and the distribution of herbal supplement products is undertaken through HYY (BVI) Ltd. ([www.hyy.com.hk](http://www.hyy.com.hk)). Chinese specialty clinics are located throughout Asia. ICM's shareholders affiliated with ICM and the management are committed to furthering its development and modernization.

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## The Science of Traditional Chinese Medicine



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