



DIMENSIÓN FUNGI · USAGE MANUAL

Maitake

How to take it depending on what you're after, at what time of day, and which habits to pair it with so it actually pays off.

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1 What Maitake is

Maitake (*Grifola frondosa*) is «the dancing mushroom»: Japanese tradition has it that whoever found it in the forest danced with joy, because it was worth its weight in silver. It grows in wavy clusters at the foot of oaks, it's a delicacy in Japanese cooking, and within this family people seek it for **immune support** and as a companion for body-composition goals.

What sets it apart is the **D-fraction**, a beta-glucan complex discovered in the eighties that became its flagship compound — most of the mushroom's immunological research concentrates on it.

And the honesty we like to put up front: **maitake is the mushroom in our catalogue with the fewest trials in healthy people**. We'd rather you hear it from us than believe what other people's marketing promises. What this manual claims comes from what has actually been studied, fine print included.

2 How to take it

Our general recommendation is **1 to 2 capsules a day**. One is a good starting point if you've never taken it; two is the usual once you know how it sits with you and you want it as sustained accompaniment.

1 capsule a day

To start out, or as background accompaniment. Take it in the morning, with or without food.

2 capsules a day

When you take it with a specific goal: sustained immune support or accompanying your body-composition process.

With food or without?

Either works. If you take it as a companion to your meals and your process, with breakfast is the most coherent — and the easiest not to forget.

Why in the morning?

More out of habit than clockwork: it neither wakes you nor calms you, so technically any hour works. Morning wins because it's when you forget least — and in a mushroom whose value lies in consistency, not forgetting it *is* the mechanism.

For how long?

There's no timeframe drawn from trials in healthy people — there barely are any, and we've told you that up front. The reasonable take: think of it as a companion of **months**, inside a routine, with the expectation set on the whole process and not on the capsule.

About the amount: the available research used laboratory extracts and fractions that don't translate directly into capsules. The 1-to-2-a-day recommendation is meant for daily use that's sustainable over time.

3 Depending on your goal

Not everyone takes it for the same reason. Find your goal below: you'll get when to take it, what to expect and — above all — which habits to pair with it. The mushroom does one part; the rest is what you build around it.

1

Immune support

«I want to support my defences in the background»

This is where maitake has its most serious research: its D-fraction has been studied for decades for its immunomodulating activity, and in the laboratory its extracts activated defence cells and cytokine production — alone and combined with shiitake. The honest fine print: **cell cultures**, not trials in healthy people yet.

WHEN TO TAKE IT

In the morning, every day

HOW MUCH

2 capsules, sustained

Timeframe: Like all background support: weeks to months of consistency. If your priority is immune support backed in people, our shiitake and turkey tail have more trials; maitake adds along the same front.

HABITS THAT PAIR WITH IT

- Sleep 7 to 8 hours — the variable that weighs most on defences and the most neglected
- Eat vegetables of several colours across the week, not always the same ones
- Move daily, without living in a state of exhaustion
- Look after sustained stress: staying on alert all the time wears down exactly what you're trying to protect

Backing: Journal of Fungi, 2021 · Journal of Immunotoxicology, 2014

Body-composition companion

«I want a background ally for my weight process»

Let's say it straight: **no mushroom loses weight for you**, and whoever sells it that way is lying to you. What is true: maitake has a tradition of use on the metabolic front, the most recent review walks through that potential, and as a food it's a natural ally of any plan — satiating, low in calories and delicious. Here the capsule accompanies a process whose protagonist is the plan itself.

WHEN TO TAKE IT

In the morning, with breakfast

HOW MUCH

1 to 2 capsules

Timeframe: Your process's timeframe, not the capsule's. If the food and movement plan isn't there, maitake has nothing to accompany.

HABITS THAT PAIR WITH IT

- A sustainable deficit over a heroic diet: what you can hold for six months beats what you can endure for two weeks
- Protein and fibre at every meal — they're what satiates most per calorie
- Strength training 2 to 3 times a week: keeping muscle is what prevents the rebound
- Sleep well — bad sleep disorders hunger the next day, and that is very well measured

Backing: Heliyon, 2024

3

Background well-being

«I want variety in my functional-mushroom routine»

For anyone with a routine already in place who wants to widen the range: each mushroom brings different families of compounds, and maitake brings its own — the D-fraction and its beta-glucans. The broadest review walks through its traditional uses and potential; we sum it up like this: a good second or third mushroom, not the first.

WHEN TO TAKE IT

In the morning, continuously

HOW MUCH

1 to 2 capsules

Timeframe: The habit's timeframe. If you're just starting with functional mushrooms, look first at lion's mane, reishi or cordyceps depending on your goal — maitake is a better complement than a starting point.

HABITS THAT PAIR WITH IT

- Build the routine one mushroom at a time: that's how you know what each one brings you
- Cook with mushrooms through the week — sautéed maitake is among the tastiest in the catalogue
- Real food most days: supplements add on top of that base
- Review your routine every few months: what's serving you, what's extra, what's missing

Backing: Heliyon, 2024 · BMC Complementary and Alternative Medicine, 2019

4 How to combine it

Maitake gets along with the rest of our mushrooms, and since it neither wakes nor calms, it fits any hour. The simple rule: **what wakes you up goes in the morning, what calms you goes at night.**

With Shiitake

Lifelong neighbours — they've been studied together in the laboratory and complement each other on the same immune front.

With Cordyceps

For anyone training or after energy: cordyceps brings the clinically backed push, maitake accompanies the process.

With Reishi

Maitake in the morning, reishi at night. Their extracts have been studied in company, each on its own shift.

With Ashwagandha

If on top of the physical process there's stress: maitake by day, ashwagandha at night.

5 Questions

Why does it have fewer studies than the others?

Because for decades the research concentrated on very specific clinical contexts, and the trials in healthy people simply haven't been done yet. That doesn't make it bad — it has real tradition and serious compounds — but it does change what's honest to promise. We'd rather sell you less and have you trust more.

Does it help with weight loss?

On its own, no — and distrust anyone who says otherwise. Weight is moved by the food plan, the movement and the sleep; maitake accompanies that process, with a tradition on the metabolic front and real virtues as a food. As a miracle capsule, it doesn't exist. As an ally to a plan, it makes sense.

Can I take it if I'm on blood sugar medication?

Check first with whoever prescribed it. Maitake carries a tradition on the blood sugar front, and that's exactly why it's worth coordinating: not because it's forbidden, but because the effects could add up, and that gets adjusted with your doctor, not on your own.

How long until I feel something?

You probably won't «feel» anything specific, and it's honest to say so: its role is background. If you want a noticeable effect in weeks, others of our mushrooms — lion's mane, cordyceps, ashwagandha — have trials that did measure perceivable changes; message us and we'll point you right.

Can I take it with coffee?

Yes, no problem. They don't compete or get in each other's way.

How long does a bottle last?

It depends on the presentation and on whether you take 1 or 2 a day. In [the Dimensión Fungi app](https://guias.dimensionfungi.com.co/en/app/) (guias.dimensionfungi.com.co/en/app/) you can log your routine and it warns you when the bottle is running low, so you don't run out midway.

Does it need cycles or breaks?

No. Unlike our microdoses, maitake can be taken continuously, with no scheduled pauses.

Can I take it alongside other mushrooms?

Yes, that's the most common thing — and in its case even the science goes along: its extracts have been studied in combination with shiitake and reishi. The idea is to spread them across the day, not to stack them all into the same dose.

Can I take it on an empty stomach?

Yes, no problem. If you notice any heaviness — it happens to few people — move it to breakfast and that's that.

6 The studies behind this manual

Everything this manual says comes from these papers. Each one has its own page with what it measured and what it found — including whether it was done in people, animals or cells, which in maitake's case is the fine print that matters most — and from there you can go to the original article.

HELIYON · 2024

Maitake: revisión integral de sus usos y su potencial

Revisión amplia del maitake que recorre sus aplicaciones medicinales, nutracéuticas y cosméticas, y el estado de la investigación que respalda cada una.

guias.dimensionfungi.com.co/estudios/maitake-revision-integral/

JOURNAL OF FUNGI · 2021

Maitake: los compuestos identificados y qué se ha probado con ellos

Revisión de los principios activos del maitake, en particular la fracción D —un complejo de betaglucanos descubierto en los años ochenta— y de las actividades inmunomoduladoras descritas para ella.

guias.dimensionfungi.com.co/estudios/maitake-revision-compuestos/

BMC COMPLEMENTARY AND ALTERNATIVE MEDICINE · 2019

Reishi, shiitake y maitake juntos sobre macrófagos humanos

Estudio in vitro que midió el contenido de betaglucanos de preparaciones comerciales de reishi, shiitake y maitake, y evaluó si sus extractos —solos y combinados— modifican la expresión de citoquinas en macrófagos humanos.

guias.dimensionfungi.com.co/estudios/maitake-formula-macrofagos/

JOURNAL OF IMMUNOTOXICOLOGY · 2014

Extractos de maitake y shiitake sobre células inmunes

Los extractos de maitake y de shiitake activaron respuestas inmunes en cultivos celulares, con producción de citoquinas. Es un estudio de laboratorio: el maitake es de los hongos funcionales con menos ensayos publicados en personas sanas.

guias.dimensionfungi.com.co/estudios/maitake-activacion-inmune/

Still have questions?

Message us and we'll help you choose based on what you're after.

WhatsApp +57 324 440 0734

Read it in full at

guias.dimensionfungi.com.co/en/manual-maitake/

This manual is informational material about a wellness product. It does not replace guidance from a health professional.