



DIMENSIÓN FUNGI · USAGE MANUAL

Shiitake

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.

CONTENTS

1. What Shiitake is
2. How to take it
3. Depending on your goal
4. How to combine it
5. Questions
6. The studies behind this manual

guias.dimensionfungi.com.co

1 What Shiitake is

Shiitake (*Lentinula edodes*) is the mushroom you already know even if you don't know it: the second most cultivated in the world, a star of Asian cooking for over a thousand years. And that's its charm within this family — it's **a food before it's a supplement**, with centuries at the table behind it.

What sets it apart is **lentinan**, its own beta-glucan, among the most studied polysaccharides of all mushrooms. And it has something we love to tell: its best study in healthy people used no extract and no capsule — it used **the whole mushroom, eaten daily**, and measured real changes in defence cells.

That leaves the most honest message of this manual: if you already cook with shiitake, you're ahead. The capsule doesn't compete with the plate — it solves **consistency**, which is what an immune mushroom needs and what the week's cooking doesn't always guarantee.

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're after a sustained effect.

1 capsule a day

To start out, or if shiitake also shows up often in your cooking. Take it in the morning.

2 capsules a day

When you're after sustained immune support. Together in the morning, or spread across the day.

With food or without?

Either works. Coming from a mushroom that is food, with breakfast is the most natural — 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?

The studies that looked at it worked with **4 to 6 weeks** — among the shortest windows in this family with measured changes. As a practical benchmark, give it 8 straight weeks before drawing conclusions. It needs no breaks or cycles.

About the amount: the reference study used 5 to 10 grams a day of the dried mushroom eaten as food, which isn't directly comparable to our 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 every day»

Its star case and among the best measured in our whole catalogue: in healthy adults who ate shiitake daily for a month, the proliferation of one type of defence cell rose 60%, another doubled, IgA — the mucosal first line of defence — went up, and **an inflammation marker went down**. More active defences and less inflammation at once.

WHEN TO TAKE IT

In the morning, every day

HOW MUCH

1 to 2 capsules

Timeframe: Four weeks was the study's window — short for this family's standards. Even so, think of it as a background habit, not a rescue for the day you wake up unwell.

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, and add mushrooms to the plate: shiitake included
- 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 the American College of Nutrition, 2015

Defences over the years

«I want to look after my defences past 50»

With the years the defence system loses its edge — it's normal and it has a name: immunosenescence. Shiitake is one of the few mushrooms studied in exactly that group: in healthy older adults, six weeks of its beta-glucan raised circulating B lymphocytes against placebo, with good tolerance. A specific result, but measured where it matters.

WHEN TO TAKE IT

In the morning, continuously

HOW MUCH

2 capsules a day

Timeframe: Six weeks in the study. At this age consistency weighs more than ever: it's background accompaniment, meant to sustain.

HABITS THAT PAIR WITH IT

- Move every day, even if it's walking: it's what research backs most in this group
- Enough protein at every meal — with the years the body uses it worse and needs it served better
- Vaccinations up to date: background support doesn't replace specific protection
- A sustained social life — isolation wears down defences as much as bad sleep

Backing: Journal of Dietary Supplements, 2011

Daily routine

«I want a reliable basic in my well-being routine»

For anyone looking for an entry point into functional mushrooms without grand promises: a mushroom that is food, with centuries at the table, whose preparations have also been verified in the laboratory to activate defence cells — alone and alongside reishi and maitake. The sensible basic of the family.

WHEN TO TAKE IT

In the morning, with breakfast

HOW MUCH

1 to 2 capsules

Timeframe: The timeframe of the habit: as long as you sustain it, it adds. And if you also cook with it, better — here capsule and pan are allies.

HABITS THAT PAIR WITH IT

- Hook it onto something you already do daily (breakfast, coffee): that's how a habit that lasts is built
- Cook with mushrooms through the week — sautéed, in soup, in rice: food and functional at once
- Real food most days: the supplement adds on top of that base, it doesn't replace it
- Review your routine every few months: what's serving you, what's extra, what's missing

Backing: BMC Complementary and Alternative Medicine, 2019

4 How to combine it

Shiitake 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 Turkey Tail

The immune duo: both have been studied down that path and they go together in the morning without getting in each other's way.

With Maitake

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

With Reishi

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

With Lion's Mane

The immune basic next to the clear-head one: both in the morning, each to its own.

5 Questions

Isn't eating it enough?

Eating it is great — in fact the best study in this manual was done by eating it daily. The point is consistency: eating shiitake every day for months is harder to sustain than a capsule with breakfast. If you cook with it often, the capsule fills in the days you don't.

Is the capsule the same as the fresh mushroom?

Not identical: fresh brings fibre, flavour and the whole context of food; the capsule concentrates and standardises. They reach the same place by different roads, which is why we say pan and capsule are allies here, not rivals.

How long until I feel something?

The reference study's changes were measured at 4 weeks — in blood, not in sensations. You probably won't «feel» anything specific: an immune mushroom's work is silent. Give it 8 weeks of consistency as a practical yardstick.

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, shiitake can be taken continuously, with no scheduled pauses.

Can I take it alongside other mushrooms?

Yes, that's the most common thing. See the combinations section: 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.

Is there anyone who shouldn't take it?

If you're allergic to edible mushrooms, this one is obviously not for you. And there's a rare reaction to raw or undercooked shiitake — a passing dermatitis — described mostly in Asia; with the processed mushroom in a capsule it's not what's expected, but if you notice a skin reaction, stop and get checked.

6 The studies behind this manual

Everything this manual says about timing and windows comes from these papers. Each one has its own page with what it measured, in how many people and what it found — including which population it was studied in, which isn't always the same as the one taking it — and from there you can go to the original article.

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/

Comer shiitake a diario y marcadores de inmunidad

En 52 adultos sanos, comer 5 o 10 g diarios de shiitake deshidratado durante 4 semanas aumentó la proliferación de células $\gamma\delta$ -T un 60% y duplicó la de NK-T, subió la IgA salival y redujo la proteína C reactiva.

guias.dimensionfungi.com.co/estudios/shiitake-dai-2015/

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/

Betaglucano de shiitake en adultos mayores sanos

En 42 adultos mayores sanos, seis semanas de un betaglucano soluble de shiitake aumentaron significativamente los linfocitos B circulantes frente al placebo. El resto de marcadores no cambió, y no hubo efectos adversos serios.

guias.dimensionfungi.com.co/estudios/shiitake-betaglucano-mayores/

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-shiitake/

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