

Coriolus versicolor Supplementation as Immunonutrition in HPV Patients with Cervical Lesions (LSIL)



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The results of a year long clinical trial examining the effects of mushroom supplementation in patients with Human Papillomavirus (HPV) have recently been presented at congress. Dr. Jose Silva Couto and Dr. Daniel Pereira da Silva of the Cervical Pathology Unit of the Portuguese Institute of Oncology in Coimbra, Portugal presented their findings at the 20th European Congress of Obstetrics and Gynaecology, in Lisbon Portugal. This study provides a promising set of results and demonstrates proof-of concept for the question as to whether immunonutrition supplements can be successfully used to improve HPV status in patients.

The poster presentation detailed the results of the evaluation of the efficacy of *Coriolus versicolor* supplementation in patients infected with HPV with low-grade squamous intraepithelial lesions (LSIL). The *Coriolus versicolor* mushroom biomass was in a tablet form (500 mg/tablet).*

Dr. Silva Couto et al. found that *Coriolus versicolor* supplementation (3g /day) over a period of one year substantially increased regression of the dysplasia (LSIL) and induced clearance of the high risk sub-types of the HPV virus responsible for cervical cancer.

TABLE 1	With <i>Coriolus versicolor</i>		Without supplementation		Total
	Negative after 1 year	Positive after 1 year	Negative after 1 year	Positive after 1 year	
Citology	13 (72.5%)	5 (27.5%)	10 (47.5%)	11 (52.5%)	39
HPV	9 (91.5%)	1 (10%)	1 (8.5%)	11 (91.5%)	22

Table 1. Results of the treatment of LSIL lesions. *Coriolus versicolor* supplementation demonstrated a 72.5% regression rate in LSIL lesions compared to 47.5% without supplementation.

What do these results mean for HPV patients?

The results from this study are encouraging and provide insight into the effectiveness of *Coriolus versicolor* as a useful immunonutrition agent. Using *Coriolus* supplementation for one year resulted in 72.5% of recipients reverting to normal cytology state compared with only 47.5% of the control group (non supplemented). Encouragingly, 91.5% of the *Coriolus* recipients reverted to a HPV- status compared with only 8.5% in the control group.

Simply stated the skin texture of the cervical area returned to normal in 72.5% of the patients taking *Coriolus* supplementation, while the viral load of HPV was not detected (0) in 91.5% of the patients taking *Coriolus* supplementation. Given that the HPV virus is responsible for the cervical lesions; the impact of the *Coriolus* supplementation on HPV viral load reduction is considered significant.

While the study sample size is limited in number, the results strongly suggest that using *Coriolus versicolor* as a supplementation agent offers doctors a useful nutritional tool when treating HPV (LSIL) patients over the age of 35 or those HPV (LSIL) patients with compromised immune systems.

It is also likely that *Coriolus versicolor* could be beneficial in HSIL patients who have undergone surgery but who experience recurrent lesions caused by persistent HPV viral infection; the eradication or "control" of the viral infection is key to both LSIL and HSIL patient care.

The estimated cost per day for *Coriolus versicolor* supplementation under this protocol would be €52.00 per month (€1.75 per day) or £ 41.60 per month (£1.40 per day), making *Coriolus* treatment a viable treatment without undue increases in the cost of therapy.

The use of *Coriolus Versicolor* for 1 year revealed a great efficacy, whether in the regression of the dysplasia (LSIL), or in the disappearance of the High Risk HPV. It seems therefore, to be a very useful food supplementation with positive therapeutic impact, either in the reversion of LSIL (with High Risk HPV+), or in those HSIL patients, who have undergone surgery but experience continued High Risk HPV viral count.

For more information on mechanism of action, please review *Clinical Journal of Mycology* Vol 1. at www.mycologyresearch.com

* The *Coriolus versicolor* biomass for the study was supplied by Mycology Research Laboratories Ltd in tableform (500 mg/tablet).

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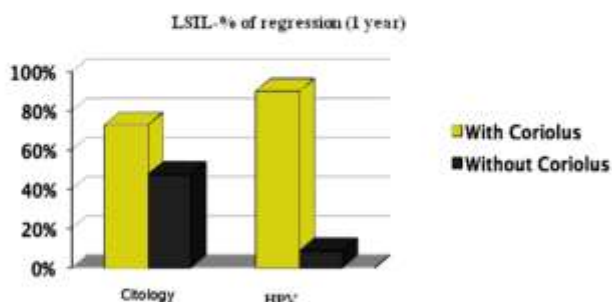


Fig.1 - Percentage of regression of cytologies LSIL and HPV + In LSIL lesions *Coriolus versicolor* supplementation demonstrated a 91.5% regression rate in the high risk HPV virus sub-types compared to 8.5% without supplementation.