



New

## FUKKEN & Nano-Sized lactic acid bacteria

In 2025, Magnus acquired the company that cultivates and manufactures the shiitake mushroom mycelium used in Fukken, allowing Magnus to oversee the process from cultivation through product manufacturing. To celebrate this new chapter, we are pleased to present an enhanced Fukken formula. In addition to a higher concentration of shiitake mycelium, the new formula includes nano-sized lactic acid bacteria and raffinose, a prebiotic that reaches the large intestine and supports the growth of beneficial bacteria. • For those who have not yet had the opportunity to try Fukken, we are offering a special 150-tablet trial size available only this month. We invite you to experience Fukken, our number one Supplement! As a special gift, everyone who purchases Fukken this month will receive a package of healthy and delicious Shiitake Karinto, a popular specialty snack from Yame City, Fukuoka Prefecture!



### Fukken-Trusted for 45 Years

Fukken is powered by L.E.M. (Lentinus Edodes Mycelia Extract), a unique ingredient derived from shiitake mushroom mycelium. While the health benefits of shiitake mushrooms have been valued for generations, modern science has identified the mycelium as a rich source of bioactive compounds that support overall wellness. Introduced in 1981, Fukken pioneered a patented approach focused on cultivating and extracting the mushroom's mycelium rather than the mushroom itself. Decades of research on Shiitake Mycelium Cultured Extract (L.E.M.) have been presented at scientific conferences worldwide, with 42 patents filed related to this innovative technology.



<http://nagaokasyokai.com/sciencesource/>

#### Fukken Shiitake Mycelium Extract (L.E.M.)

The main ingredient in Fukken, L.E.M. (Lentinus Edodes Mycelia Extract), is produced by carefully selecting a single strain from over 2,000 varieties of shiitake fungi. The mycelium is cultured and processed into an extract using a patented manufacturing method (Patent No. 1302699), resulting in a unique and potent ingredient.

In addition to naturally occurring compounds from shiitake mycelium, L.E.M. contains beneficial culture-medium components and mycelial metabolites. These nutrients are present in a highly digestible form and are valued for supporting everyday wellness and healthy living.

Because it is gentle and easy to digest, L.E.M. can be enjoyed by people of all ages, from young children to older adults.

### New Fukken 「福健」

■ Fukken<sup>®</sup> 300 tablets /SRP \$160 (member price \$112) A gift for all purchasers: Vitamin C Plus (SRP \$16) and Shiitake Karintō (\$6) 1 gift per customer



Gift

■ Fukken S is ONLY available in JULY 150 tablets / SRP \$85 (member price \$59.50) For all customers who purchase the trial Fukken 150 capsules, we will include a complimentary "Shiitake Karintō (\$6). 1 gift per customer



Gift

● Buy 5 Fukken 300 tablets and get additional 1 Fukken 300 tablets, plus a complimentary Vitamin C Plus (SRP \$16) and Shiitake Karintō (\$6). 1 gift per customer



Gift



Delicious Shiitake Karintō! (Traditional cracker) Directly from Japan to you! Arriving 07.09.26

A flour maker in Yame, Fukuoka—established since the Edo period—has crafted these additive-free shiitake karintō using carefully selected log-grown shiitake mushrooms.



Each bite delivers a light sweetness and rich umami that gently fills the mouth, making it irresistible!

A wholesome treat enjoyed safely by both children and adults.



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# Shiitake Mycelium L.E.M., Immune Health, and Probiotics



## What Is Shiitake Mycelium?

*Mycelium* is the root-like vegetative structure from which the mushroom grows. This foundational part contains a concentrated supply of nutrients and bioactive compounds that support the development of the shiitake mushroom.

**L.E.M. (Lentinula Edodes Mycelium)** is a cultured shiitake mycelium extract recognized for its rich content of naturally occurring compounds derived from shiitake mushrooms. It is valued as a unique ingredient that provides a broad spectrum of beneficial constituents found in the mycelial stage of the mushroom's growth cycle.

## L.E.M & Immunity

Research on **L.E.M. (Shiitake Mycelium Extract)** has been ongoing for nearly 50 years. Scientific studies have explored its interaction with various components of the immune system, including dendritic cells, macrophages, NK cells, and T cells. Recent research has reported that L.E.M. may help support the normal function of antigen-presenting cells, such as dendritic cells, macrophages, and B cells.\*



### Immune Response Process

**Dendritic cells** detect foreign substances and alert **helper T cells**.

**Helper T cells** coordinate the body's immune response.

**B cells** produce antibodies that help identify and bind specific targets.

**Macrophages** help remove unwanted materials and cellular debris.

**Killer cells** help eliminate affected cells.

Studies on L.E.M. (Shiitake Mycelium Extract) have explored its role in supporting overall wellness and healthy immune function. Research suggests that L.E.M. interacts with multiple components of the immune system, including dendritic cells, macrophages, NK cells, and T cells.\*

In addition to immune health, studies have investigated L.E.M.'s antioxidant properties and its ability to support the body's natural defenses and normal physiological functions. Ongoing research continues to examine its potential role in maintaining overall health and well-being.\*

## ■ L.E.M. is Famous as a Liver Health Supplement?

Shiitake mycelium extract became well known in Japan as a health food due to its Association with alcohol consumption, liver function markers, and fatigue\*. It became particularly popular among people whose liver function had been weakened by drinking or overwork. At the same time, it became widely recognized because it was reported to be highly effective when immune function was lowered, such as during colds and chronic fatigue.\*



## ■ International Research and Intellectual Property

L.E.M. (Shiitake Mycelium Extract) has been the subject of extensive research and innovation for decades. Related technologies have been granted or applied for patent protection in multiple countries, including Japan, South Korea, Taiwan, China, and the United States. Interest in L.E.M. has extended across Asia and beyond, where researchers and healthcare professionals have explored its properties and potential applications. Ongoing scientific research continues to investigate the biological characteristics of shiitake mycelium extract and its role in supporting overall wellness.



## ■ Supports Metabolism at Any Age

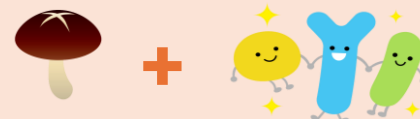
L.E.M. is not simply a beta-glucan product. It contains a complex blend of components, including fermentation-derived metabolites, polysaccharides, and nucleic acid-related substances. As a result, it has become known for providing comprehensive metabolic support. Because it is considered safe and easy to consume, it is widely used by people of all ages, from young children to older adults. However, it is not a pharmaceutical product. Individuals under medical care or those with health conditions should consult their physician before use.



参考文献：A placebo-controlled study of the doses and efficacy of *Lentinula edodes* mycelia for oxaliplatin-induced peripheral neuropathy in colorectal cancer – PMC *Lentinula Edodes* Mycelia extract regulates the function of antigen-presenting cells to activate immune cells and prevent tumor-induced deterioration of immune function | C/Nii Research

## L.E.M and Lactic Acid bacteria

Shiitake-derived compounds have been studied for their ability to help create an environment that supports the activity of beneficial lactic acid bacteria. When combined with probiotics, these ingredients may help support daily wellness from multiple angles.\* In particular, naturally occurring polysaccharides found in shiitake mycelium have attracted attention for their potential prebiotic-like properties. Prebiotics are ingredients that help nourish beneficial bacteria and support a healthy intestinal environment.



"Fukken" contains Nano-Sized lactic acid bacteria as part of its formula. Nano-sized lactic acid bacteria are heat-treated probiotics processed into ultra-fine particles smaller than 1 micron. They are known for their stability and resistance to harsh conditions such as stomach acid. Their fine particle size also allows for excellent dispersion and ease of use as a functional ingredient.\*

## MAGNUS

SRP\$160(member\$112)/300 tabs  
SRP\$85(member\$59.50)/150 tabs



Made from one of the most active shiitake mushroom strains selected from thousands of varieties, this unique extract is produced through a meticulous 7-month cultivation and extraction process. It contains a rich array of beneficial compounds in an easily digestible form to help support overall health and wellness. Just two capsules a day for convenient daily health maintenance.



## Message from Mr. Torii



Global warming seems to be a worldwide trend. Even in Los Angeles, where I live—a city once considered to have one of the best climates in the world—I feel that this year has been unusually humid.

When I was growing up in Japan, there were only a few days each summer when temperatures exceeded 30°C (86°F). Now I hear that temperatures can remain above 40°C (104°F) for days at a time, which is hard to imagine. Whether global warming is caused by human activity or natural changes in the Earth's climate, I certainly do not wish to see even more extreme heat. Running air conditioning all day is not ideal for our health, and it also consumes a tremendous amount of energy.

On a personal note, I am fortunate to be celebrating my 90th birthday this month. I am deeply grateful to have lived this long. While life expectancy has increased, I sometimes wonder whether everyone is truly enjoying a healthy and active old age.

One thing I have noticed is that my circle of friends has become much smaller. That is truly lonely.

Recently, I received a notice for what is being called our “final high school class reunion,” scheduled for October 7. The organizers have repeatedly urged me to attend. At the previous reunion, when I was 88, about 60 classmates attended out of the original graduating class of 370. This year, they are hoping for at least 50 participants and have even sent me a list of those believed to still be alive.

I wonder how many will actually attend.

The truth is that most of my closest friends have already passed away. Many of those who remain are dealing with physical limitations. That is why I feel especially grateful that I am still healthy enough not only to travel regularly between Japan and the United States, but also to visit other countries several times a year. Perhaps my body is simply built like a migratory tuna—always needing to stay in motion to keep going.

As I have often said, living a long life is less important than enjoying a long, healthy life. To achieve that, I believe it is essential to be conscious of one's health every day.

Each morning, I gauge my health by a simple measure: whether I can enjoy my breakfast. If I cannot, I look for the reason. There is always a cause, and finding it is important. I am convinced that maintaining my current health has been largely a matter of identifying and correcting those causes.

Usually, the problem lies in one of three areas: diet, exercise, or sleep.

Looking at today's health supplement industry, I see that most companies focus on products aimed at specific symptoms. That is understandable because it aligns with customer demand. Magnus, however, has consistently promoted a comprehensive approach to health. We believe true health is built through daily lifestyle habits. For more than 45 years, I have encouraged people to incorporate shiitake mycelium extract into their wellness routines. I do so because I firmly believe that my own health has benefited from it. Shiitake mycelium does not act directly on the body in the way a medicine might. Rather, it is believed to support the activity of the body's immune cells. I believe that regular use may help strengthen the body's natural resilience and support overall wellness over time.

Unlike medications that are taken in fixed amounts every day, it may be reasonable to adjust intake according to your individual condition and needs.

This month, we are introducing the new and improved Fukken. Each capsule contains twice the amount of shiitake mycelium found in the previous formula, while the price remains unchanged.

I especially encourage those who have never tried Fukken before to consider it. When starting, taking a somewhat higher amount initially may be beneficial, and I suggest continuing for at least three to four months.

Shiitake mycelium has been the subject of numerous studies over the years. Currently, Magnus Hospital in Korea is conducting an extensive clinical evaluation involving 35 patients with various health conditions over a three-month period. Such long-term human evaluations are relatively uncommon compared with studies involving only small numbers of laboratory animals.

I would like to express my sincere gratitude to Chairman Son of Magnus Hospital, as well as to the physicians, staff, and all those involved. Most importantly, I wish the very best for the patients participating in the evaluation.

Some people jokingly question why a 90-year-old man continues to oversee every aspect of shiitake mycelium production—from cultivation and extraction to product development. The answer is simple: I genuinely believe in it.

I took over this business because I wanted as many people as possible to experience the benefits of good health.

In reality, cultivating and extracting shiitake mycelium requires considerable expertise, technology, and effort. Our approach is fundamentally different from simply purchasing raw materials from a supplier and packaging them into finished products. From cultivation to final production, the process takes approximately a year and a half.

We continue to refine our cultivation methods and extraction techniques in pursuit of even better products.

Recently, a major manufacturer approached us about purchasing our raw material. Although the proposed order was substantial, we politely declined because our production capacity could not meet the demand and because we felt the material would primarily be used to support a large corporation's commercial objectives.

Meanwhile, in Taiwan, the son and daughter-in-law of the president of a traditional Chinese medicine association have agreed to import our products through their company, and local practitioners of traditional medicine will help introduce them to more people.

Finally, Magnus offers many other excellent products besides Fukken, including President's Choice, Eye Support, DHA, Collagen, Ginkgo and In particular, Royal Green Silk is a product that Magnus introduced in 1980 and which later became tremendously popular throughout Japan.

Summer is a season when many people experience health challenges. Please take good care of yourself, stay healthy, and enjoy the season.



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## FIRST CLASS MAIL

### "Thank You, Fukken!"

I don't remember exactly when my husband and I started taking it—perhaps a year or two ago—but it has become an important part of our daily routine. Today, our daughter and even our young grandchildren use it as part of their wellness habits. Fukken has become something our family relies on and appreciates every day. We are grateful to have discovered Fukken and to have met the people at Magnus who made this product available. Thank you, Fukken, and thank you, Magnus!

— **Chihiro P., Virginia, USA**



### "Grateful for the Support During a Challenging Time"

When my sister was going through a very difficult period in her life, maintaining her daily nutrition and wellness routine became especially important to our family. We added Fukken to her daily regimen by mixing it into foods that were easy for her to consume.

She was able to continue incorporating it into her routine throughout that challenging time, and our family felt encouraged knowing she had additional nutritional support. We remain grateful to have had Fukken as part of her wellness program.

— **M. Takenaka, Age 52, Office Worker, Hokkaido, Japan**

### "A Welcome Addition to Our Daily Routine"

My husband often said that he felt tired, so I suggested that he try Fukken.



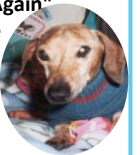
Because it is made in Japan, he felt confident in the product's quality and began taking it regularly, morning and evening.

After incorporating Fukken into his daily routine, he told me, "I really feel better!" He was pleased and appreciated the quality and craftsmanship behind it. We have both been impressed by the unique shiitake mycelium extract and the care that goes into making the product.— **K. Kawai, Age 60, New York, USA**

## 《From our Friends》

### "My Elderly Dog Became More Active Again"

About 15 years ago, I had an experience with Fukken that I will never forget. My dog, Mar-chan, was quite old and had become very weak. She spent most of her time lying down with little energy. Although we tried various approaches recommended by our veterinarian, her condition did not improve.



At that time, I began giving her a combination of Royal Green Silk, probiotics, and two softened Fukken tablets mixed with water. Within about a week, I noticed a positive change in her actions. She gradually became more mobile and was able to get up and walk around again.

I was overjoyed to see her enjoying life more comfortably. We were able to spend several more precious months together, and I remain grateful for that experience.

— **L. Korenaga, Los Angeles**

### "I Feel More Resilient Year-Round"

Since adding Fukken to my daily wellness routine about six months ago, I've noticed a positive difference in how I feel. Even in the cold season, I have continued to feel healthy and active. When I'm especially busy or feeling fatigued, I sometimes take a little more. I'm pleased with the support it provides for maintaining my overall well-being.



— **H. Smith, 32, Office Worker, Los Angeles**



## JULY RECIPE

### Peanut Butter Cookies

1 cup peanut butter, 1 cup white sugar, 1 large egg ----- Preheat the oven to 350 degrees F (175 degrees C).

Mix peanut butter, sugar, and egg together in a bowl until smooth and creamy. Roll dough into 1-inch balls and place 2 inches apart on ungreased baking sheets Flatten each with a fork, making a criss-cross pattern. Bake until edges are firm, about 10 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely.