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MEMBERSHIP

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For Immediate Release

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Research on the Effects of Maitake on Cognitive Function
Published in the “Journal of Nutritional Science and Vitaminology”

YUKIGUNI FACTORY CO., LTD. (the “Company”) hereby announces the results of a collaborative study with Kobe Pharmaceutical University and Jinkukai Kato Hospital, which indicate that ingesting maitake may support cognitive function in healthy elderly people.

Since there is currently no cure for dementia, it is important to prevent progression from a healthy state or mild cognitive impairment to dementia. This study demonstrated that ingesting the edible mushroom maitake (*Grifola frondosa*) strain Y10M may help maintain age-related cognitive function through the immune system. The Company believes that the findings of this study on the effects of maitake on cognitive function may contribute to extending healthy life expectancy in Japan, where the population is rapidly aging.

These findings were published in the English-language journal the “Journal of Nutritional Science and Vitaminology” on April 30, 2026 (Jogi *et al.*, 2026, Volume 72, Issue 2, pp. 163–175).

Additionally, this research was presented at the JABBA (Japan Society for Bioscience, Biotechnology, and Agrochemistry) 2026 Kyoto Annual Meeting and the 80th Annual Meeting of the Japan Society of Nutrition and Food Science.

The Company will continue to explore the potential of mushrooms and contribute to the realization of a healthy and prosperous society.

Overview of the Research Paper

Title: Maitake Mushroom (*Grifola frondosa*) Enhances Cognitive Function in Healthy Older Japanese: A Randomized, Double-Blind, Placebo-Controlled Trial

URL: <https://doi.org/10.3177/jnsv.72.163>

Research Overview

1. Methods

An 18-week trial of ingesting maitake was conducted in 47 healthy Japanese elderly people aged 60–85. Participants ingested one of three daily food products: (1) a maitake-free product, (2) a product containing 50g of the maitake Y10M strain, or (3) a product containing 50g of the maitake C5304 strain. Cognitive function was evaluated before and after the 18-week intervention.

2. Research Findings

- Individuals who ingested the maitake Y10M strain showed improved cognitive function compared to those who did not ingest maitake.
- In individuals who ingested the maitake Y10M strain, natural killer (NK) cells—a type of immune cell—were activated, and this activation was associated with improved cognitive function.
- While the maitake Y10M strain showed effects on cognitive function and immune cells, the maitake C5304 strain showed no significant changes.

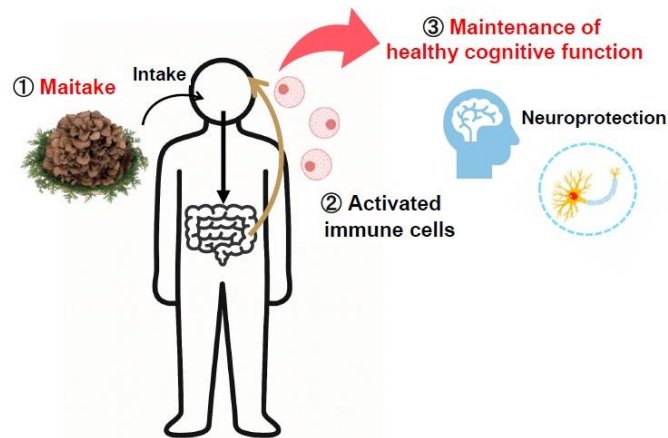


Figure :Maitake supports the maintenance healthy cognitive function

3. Summary

A study suggests that maitake may help maintain normal cognitive function in healthy elderly people through immune system mechanisms. Based on these findings, incorporating maitake into the daily diet may help reduce the risk of dementia and improve quality of life by supporting healthy aging. In addition, the effects on cognitive function and the immune system may vary depending on the maitake strain^{*1}. These findings are significant, as they suggest that even within the same maitake species, the expected health benefits may vary depending on the strain. The Company aims to further clarify this mechanism through more comprehensive analysis going forward.

*Strain: Strain refers to variations within the same species of mushrooms. Just as vegetable varieties differ in appearance and taste, mushrooms also vary in characteristics by strain.

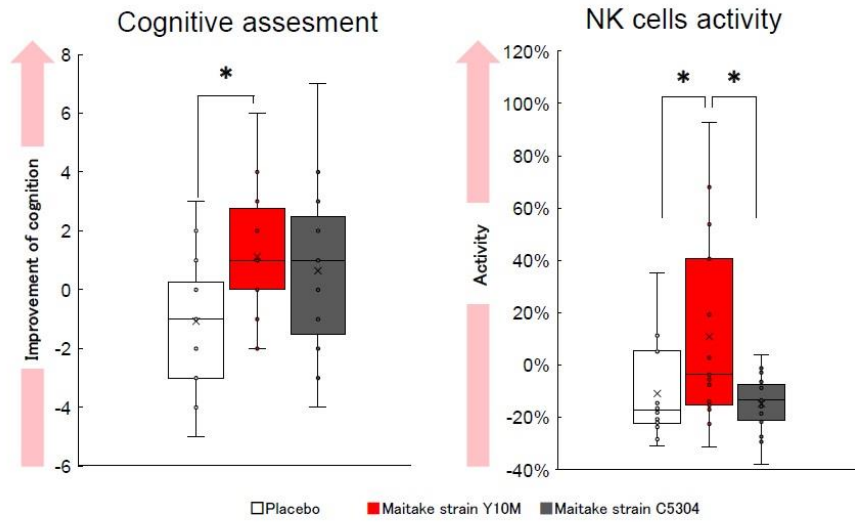


Figure: The effect of intake of maitake on cognitive function and immune cells activity (Journal excerpt)

*: Indicates a significant difference between groups ($p < 0.05$)

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