NATURAL HEALTH PRODUCT

MAITAKE – *Grifola frondosa*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

**Notes**
- Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant’s discretion.
- The solidus (/) indicates that the terms and/or the statements are synonymous. Either term or statement may be selected by the applicant.

**Date**
December 8, 2015

**Proper name(s)**

*Grifola frondosa* (Dicks.) Gray (1821) (Meripilaceae) (Bisby *et al.* 2011; CABI 2014)

**Common name(s)**
- Maitake (Hobbs 2003; derMarderosian and Beutler 2002; McGuffin *et al.* 2000)
- Hen-of-the-woods (McGuffin *et al.* 2000)

**Source material(s)**
- Fruit body (Hobbs 2003; Wasser 2002; McGuffin *et al.* 1997)
- Mycelium (Wasser 2002)
- Cultured mycelium (Wasser 2002)

**Route(s) of administration**

Oral

**Dosage form(s)**

- The acceptable pharmaceutical dosage forms include, but are not limited to, capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
This monograph is not intended to include foods or food-like dosage forms, such as bars, chewing gums or beverages.

**Use(s) or Purpose(s)**

- Used in Herbal Medicine to support the immune system (Godfrey *et al.* 2010; Hobbs 2003; Hoffmann 2003; derMarderosian and Beutler 2002).
- Source of fungal polysaccharides with immunomodulating properties (Hobbs 2003; Wasser 2002).

**Dose(s)**

**Subpopulation(s)**

- Adults (≥ 18 years)

**Quantity(ies)**

- Potency (Optional): Up to 40% polysaccharides

**Source of polysaccharides**

- Dry, powder, tincture, fluid extract, decoction

Up to 7 g dried Maitake, per day (Godfrey *et al.* 2010; Hobbs 2003; derMarderosian and Beutler 2002).

**Immune support**

- Dry, powder, tincture, fluid extract

1.6 – 7 g dried Maitake, per day (Godfrey *et al.* 2010; Hobbs 2003; derMarderosian and Beutler 2002).

**Decoction**

3 – 7 g dried Maitake, per day (Hobbs 2003).

**Directions for use**

No statement required.

**Duration of use**
No statement required.

**Risk information**

Statement(s) to the effect of

**Caution(s) and warning(s)**

*Products providing ≥ 150 mg of dried Maitake, prepared as powder, tincture or fluid extract, and/or products providing ≥ 300 mg of dried Maitake, prepared as decoction*

If you have diabetes, consult a health care practitioner prior to use (Brinker 2010; Konno 2003, 2001).

**Contraindication(s)**

No statement required.

**Known adverse reaction(s)**

No statement required.

**Non-medicinal ingredients**

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

**Storage conditions**

No statement required.

**Specifications**

- The finished product specifications must be established in accordance with the requirements described in the Natural and Non-Prescription Health Products Directorate Quality of Natural Health Products Guide.
- The medicinal ingredient must comply with the requirements outlined in the NHPID.

**References cited**
Brinker 2010: Brinker F. Final updates and additions for Herb Contraindications and Drug Interactions, 3rd edition, including extensive Appendices addressing common problematic conditions, medications and nutritional supplements, and influences on Phase I, II & III metabolism with new appendix on botanicals as complementary adjuncts with drugs. [Internet]. Sandy (OR): Eclectic Medical Publications. [Updated July 13, 2010; Accessed 2014 December 30]. Available from: http://www.eclecticherb.com/emp/updatesHCDI.html


Wasser SP. Medicinal mushrooms as a source of antitumor and immunomodulating polysaccharides. Applied Microbiology and Biotechnology 2002;60:258-274.
References reviewed


Evance WC. Trease and Evance; Pharmacognosy. Toronto (ON): Elsevier Limited; 2009.


