NATURAL HEALTH PRODUCT

PORIA – *Wolfiporia extensa*

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 or the statements are synonymous. Either term or statement may be selected by the applicant.

**Date**

December 8, 2015

**Proper name(s)**


Synonym

*Poria cocos* F.A. Wolf (CABI 2014; PPRC 2010; Bensky *et al.* 2004; McGuffin *et al.* 2000)

**Common name(s)**

- Poria (PPRC 2010; Bensky *et al.* 2004; Chen and Chen 2004; McGuffin *et al.* 2000)
- Hoelen (Hobbs 2003; McGuffin *et al.* 2000)
- Indian bread (PPRC 2010; Bensky *et al.* 2004; Chen and Chen 2004; McGuffin *et al.* 2000)
- Fu ling (PPRC 2010; Bensky *et al.* 2004; Chen and Chen 2004; McGuffin *et al.* 2000)
- Sclerotium of tuckahoe/Tuckahoe (Bensky *et al.* 2004; Chen and Chen 2004; McGuffin *et al.* 2000)

**Source material(s)**

- Sclerotium/mycelium (PPRC 2010; Bensky *et al.* 2004)
- 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)

Statement(s) to the effect of

- Used in Herbal Medicine to support the immune system (Rios 2011; Hobbs 2003; Hoffmann 2002).
- Source of fungal polysaccharides with immunomodulating properties (Hobbs 2003; Wasser 2002).
- Used in Traditional Chinese Medicine (TCM) for small quantity of urination, dizziness and palpitation caused by phlegm-fluid retention, spleen deficiency, reduced food intake, sloppy stool, diarrhea, disquietude of heart spirit, and insomnia (PPRC 2010).
- Used in Traditional Chinese Medicine (TCM) to promote urination and leach out dampness (for urinary difficulty and cases of scanty urine due to damp-heat) (Bensky et al. 2004).
- Used in Traditional Chinese Medicine (TCM) to promote urination to drain dampness, fortify the spleen, and calm the heart (PPRC 2010).
- Used in Traditional Chinese Medicine (TCM) to strengthen the spleen and harmonize the middle burner: for spleen deficiency compounded by dampness with symptoms such as loss of appetite, diarrhea, and epigastric distention (Bensky et al. 2004).
- Used in Traditional Chinese Medicine (TCM) to strengthen the spleen and transform phlegm: for spleen deficiency with thin mucous in which phlegm moves upward with symptoms such as palpitations, headache, dizziness, and thick, greasy tongue coating (Bensky et al. 2004).

Dose(s)

Statement(s) to the effect of

Subpopulation(s)

Adults (≥ 18 years)

Quantity(ies)

Potency (Optional): Up to 40% polysaccharides

Source of polysaccharides

Dry, powder, tincture, fluid extract

Up to 3.6 g dried poria, per day (Hobbs 2003).

Decoction
Up to 18 g dried poria, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003).

**Immune Support based on Herbal Medicine**

*Dry, powder, tincture, fluid extract*

1.6 – 3.6 g dried poria, per day (Hobbs 2003).

*Decoction*

9 – 18 g dried poria powder, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003)

**TCM claims**

*Decoction*

9 – 18 g dried poria powder, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003)

**Directions for use**

Take before meal (Bensky et al. 2004).

**Duration(s) of use**

Statement(s) to the effect of

For prolonged use, consult a health care practitioner.

**Risk information**

Statement(s) to the effect of

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

**TCM**

If you have a yin deficiency, sunken spleen qi, or cold from deficiency with spermatorrhea, consult a health care practitioner prior to use (Bensky et al. 2004; Chen and Chen 2004).

**Contraindication(s)**

No statement required.

**Known adverse reaction(s)**

*All products*

- Hypersensitivity/allergy can occur; in which case, discontinue use (Bensky et al. 2004).
Diuretic effect may occur (PPRC 2010).

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 condition(s)

Statement(s) to the effect of

Store in a tightly closed, light-resistant container in a cool, dry place (PPRC 2010).

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


Wasser SP. Medicinal mushrooms as a source of antitumor and immunomodulating polysaccharides. Applied Microbiology and Biotechnology 2002; 60(3):258-274.

**References reviewed**


