

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

#### Date

August 5, 2019

#### Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
<i>Wolfiporia extensa</i>	<ul style="list-style-type: none"> <li>▶ Fu Ling</li> <li>▶ Hoelen</li> <li>▶ Indian bread</li> <li>▶ Poria</li> <li>▶ Sclerotium of tuckahoe</li> </ul>	<i>Wolfiporia extensa</i>	<ul style="list-style-type: none"> <li>▶ Cultured mycelium</li> <li>▶ Sclerotium/mycelium</li> </ul>	Dried

References: Proper name: CABI 2014, McGuffin et al. 2000; Common names: PPRC 2010, Bensky et al. 2004, Chen and Chen 2004, Hobbs 2003, McGuffin et al. 2000; Source materials: PPRC 2010, Bensky et al. 2004, Wasser 2002.

#### Route of administration

Oral

#### Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.



## Use(s) or Purpose(s)

- ▶ Used in Herbal Medicine to support the immune system (Rios 2011; Hobbs 2003; Hoffmann 2003).
- ▶ 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, diarrhoea, 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, diarrhoea, 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).

## Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

## Dose(s)

### Subpopulation(s)

Adults 18 years and older

### Quantity(ies)

*Source of fungal polysaccharides*

Methods of preparation: Dry, powder, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract)

Not to exceed 3.6 grams of dried cultured mycelium/sclerotium/mycelium, per day (Hobbs 2003).

Methods of preparation: Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract)

Not to exceed 3.6 grams of dried cultured mycelium/sclerotium/mycelium per day and 40 % of polysaccharides (Hobbs 2003).



Method of preparation: Decoction

Not to exceed 18 grams of dried cultured mycelium/sclerotium/mycelium, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003).

Method of preparation: Decoction standardized

Not to exceed 18 grams of dried cultured mycelium/sclerotium/mycelium per day and 40 % of polysaccharides (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003).

#### *Herbal Medicine immune support*

Methods of preparation: Dry, powder, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract)

1.6 - 3.6 grams of dried cultured mycelium/sclerotium/mycellium, per day (Hobbs 2003).

Methods of preparation: Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract)

1.6 - 3.6 grams of dried cultured mycelium/sclerotium/mycellium per day and 40 % of polysaccharides (Hobbs 2003).

#### *Herbal Medicine immune support/Traditional Chinese Medicine (TCM)*

Method of preparation: Decoction

9 - 18 grams of dried cultured mycelium/sclerotium/mycelium, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003).

Method of preparation: Decoction standardized

9 - 18 grams of dried cultured mycelium/sclerotium/mycelium per day and 40 % of polysaccharides (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003).

#### **Direction(s) for use**

Take before meals (Bensky et al. 2004).

#### **Duration(s) of use**

Consult a health care practitioner/health care provider/health care professional/doctor/physician for prolonged use.



## Risk information

### Caution(s) and warning(s)

#### *Traditional Chinese Medicine (TCM)*

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have a yin deficiency, sunken spleen qi, or cold from deficiency with spermatorrhea (Bensky et al. 2004; Chen and Chen 2004).

### Contraindication(s)

No statement required.

### Known adverse reaction(s)

#### *All products*

- ▶ Stop use if hypersensitivity/allergy occurs (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 conditions

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 (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

## References cited

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