

# Mushrooms

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MUSHROOMS Help on accessing alternative formats, such as Portable Document Format ( PDF ), Microsoft Word and PowerPoint ( PPT ) files, can be obtained in the alternate format help section. (PDF Version - 201 KB) 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 Due to poor alcohol solubility of immunomodulatory polysaccharides, ethanolic preparations of the medicinal ingredients are not permitted for the claims "Source of fungal polysaccharides with immunomodulating properties" and "Used in Herbal Medicine to support the immune system" (Huang et al. 2022). Liquid and dry extracts prepared using only water as an extraction solvent (including decoctions and infusions) contain water soluble immunomodulatory polysaccharides and support the claim "Source of fungal properties with immunomodulatory properties". Polysaccharides may be purified from these extract using ethanol to cause polysaccharide precipitation, after which the polysaccharides are separated from the water an ethanol mixture (Huang et al. 2022). The polysaccharide precipitate should be represented as an "extract dry" with the extraction solvent specified as "water" on the PLA form. Products making any Traditional Chinese Medicine (TCM) claim must contain the TCM ingredient(s) prepared according to the current version of the Chinese pharmacopoeia or a comparable reference text. Text in parentheses is additional optional information which can be included on the 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 on the label. This monograph may be used to support single ingredient or multi-ingredient products containing any medicinal ingredient from Table 1. Date October 25, 2024 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s) Preparation(s) Agaricus blazei Himematsutake Agaricus blazei Cultured mycelium Fruiting body Mycelium Dry Auricularia auricula-judae Jelly ear Auricularia auricula-judae Cultured mycelium Fruiting body Mycelium Dry Cordyceps militaris Chinese caterpillar fungus Cordyceps Cordyceps fungus Cordyceps militaris Trooping cordyceps Cordyceps militaris Cultured fruiting body Cultured mycelium Stroma Dry Ganoderma applanatum Artist's conk Ganoderma applanatum Cultured mycelium Fruiting body Mycelium Dry Ganoderma lucidum Ganoderma Ling zhi Reishi Ganoderma lucidum Cultured mycelium Fruiting body Mycelium Dry Grifola frondosa Maitake Grifola frondosa Cultured mycelium Fruiting body Mycelium Dry Hericium erinaceus Lion's Mane Hericium erinaceus Cultured mycelium Fruiting body Mycelium Dry Inonotus obliquus Chaga Inonotus obliquus Cultured mycelium Fruiting body Mycelium Dry Lentinula edodes Shiitake Lentinula edodes Cultured mycelium Fruiting body Mycelium Dry Ophiocordyceps sinensis Chinese caterpillar fungus Cordyceps Cordyceps sinensis Dong chong xia cao Ophiocordyceps sinensis Stroma Dry Paecilomyces hepiali Cordyceps Cultured Chinese caterpillar fungus Fa jiao chong cao jun Paecilomyces hepiali Cultured mycelium Dry Schizophyllum commune Split Gill fungus Schizophyllum commune Cultured mycelium Fruiting body Mycelium Dry Trametes versicolor Kawaretake Turkey Tail Yunzhi Trametes versicolor Cultured mycelium Fruiting body Mycelium Dry Tremella fuciformis Silver ear White mushroom Tremella fuciformis Cultured mycelium Fruiting body Mycelium Dry Wolfiporia extensa Fu ling Hoelen Indian bread Poria Sclerotium of tuckahoe Wolfiporia extensa Cultured mycelium Mycelium Sclerotium Dry References: CABI 2023; USDA 2023; PPRC 2020; Schoch 2020; De Sà-Nakanishi et al. 2014; Gardner and McGuffin 2013; Zhao 2013; Dai et al. 2012; Youn et al. 2009; Nakajima et al. 2007; Bensky et al. 2004; Chang and Miles 2004; Hobbs 2003; Chu et al. 2002; Wasser 2002; Bisby et al. 2000; TGA 1999; Lonvah and Deosthale 1998; Saar 1991; Ying 1987. 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 oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compensial applications. Use(s) or Purpose(s) Appropriate methods of preparations and mushroom parts associated with each claims are specified in Table 2. All mushrooms Source of antioxidants/Provides antioxidants Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effects of/the oxidative damage caused by/cell damage caused by) free radicals References: Ern et al. 2024; Qiu et al. 2024; Razak et al. 2024; Rijia et al. 2024; Al-Azad and

Ping 2022; Dai et al. 2022; Ji et al. 2022; Kolniak-Ostek et al. 2022; Tachabenjarong et al. 2022; Nie et al. 2020; Hou et al. 2021; Ma et al. 2021; Mapoung et al. 2021; Gebreyohannes et al. 2019; He et al. 2019; Panthong et al. 2016; Xu et al. 2016; Friedman 2015; De Sà-Nakanishi et al. 2014; Dong et al. 2014; Li et al. 2014; Zheng et al. 2014; Han et al. 2013; Qi et al. 2013; Kozarski et al. 2012; Da Silva and Jorge 2011; Wachtel-Galor et al. 2011; Wang et al. 2011; Yeh et al. 2011; Bisen et al. 2010; Godfrey et al. 2010; Xu et al. 2010; Tsai et al. 2007; Wicks et al. 2007; Cui et al. 2005. All mushrooms (except ethanolic extracts\*) Source of fungal polysaccharides with immunomodulating properties (Xu et al. 2014; Mizuno and Nishitani 2013; Dai et al. 2012; Jung et al. 2012; Won et al. 2011; Wang et al. 2009; Chang and Miles 2004; Bensky et al. 2004; Hobbs 2003; Li et al. 2002; Wasser 2002; Bin and Yang 1991). \*Note: Extracts made with any quantity of ethanol. Products containing *Cordyceps militaris* Used in Traditional Chinese Medicine (TCM) to help tonify and replenish the lungs and kidneys, and resolve phlegm (Zhonghua Ben Cao 1999). Products containing *Ganoderma lucidum* Fruiting Body Used in Traditional Chinese Medicine (TCM) to dispel phlegm, stop cough and arrest wheezing (PPRC 2020; Bensky et al. 2004; Chen and Chen 2004). Used in Traditional Chinese Medicine (TCM) to nourish the Heart and strengthen qi and blood to treat Heart and Spleen deficiencies that manifest in insomnia, forgetfulness, fatigue, listlessness and poor appetite (PPRC 2020; Bensky et al. 2004; Chen and Chen 2004). Used in Traditional Chinese Medicine (TCM) to strengthen the body and tonify qi (PPRC 2020; Bensky et al. 2004; Chen and Chen 2004). Fruiting Body; Cultured Mycelium; Mycelium Used in Herbal Medicine as a liver tonic (Godfrey et al. 2010; Yarnell et al. 2003; Saunders 2000; Huang 1999; Peirce 1999; Belanger 1997; Hsu et al. 1986). Used in Herbal Medicine to support the immune system (Wachtel-Galor et al. 2011; Godfrey et al. 2010; Ko and Leung 2007; Lin 2005; Chen and Chen 2004; Wachtel-Galor et al. 2004; Hoffmann 2003; Yarnell et al. 2003; Wasser 2002; Peirce 1999; Belanger 1997; Hsu et al. 1986). Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress) (Godfrey et al. 2010; Hobbs 2003; Hoffmann 2003; Leung and Foster 2003). Products containing *Grifola frondosa* Used in Herbal Medicine to support the immune system (Godfrey et al. 2010; derMarderosian and Beutler 2008; Hobbs 2003; Hoffmann 2003). Products containing *Lentinula edodes* Used in Herbal Medicine to support the immune system (Hobbs 2003; Wasser 2002). Products containing *Ophiocordyceps sinensis* Used in Traditional Chinese Medicine (TCM) to help tonify and replenish the lungs and kidneys, and resolve phlegm (PPRC 2020; Liu et al. 2005; Bensky et al. 2004). Products containing *Paecilomyces hepiali* Used in Traditional Chinese Medicine (TCM) to help tonify and replenish the lungs and kidneys, tonify essence, and replenish qi (PPRC 2020). Products containing *Trametes versicolor* Used in Traditional Chinese Medicine (TCM) to fortify the spleen to drain dampness and clear toxic heat (PPRC 2020). Products containing *Tremella fuciformis* Used in Traditional Chinese Medicine (TCM) to nourish the stomach yin, moisten the lungs and generate fluids and for yin deficiency with ascendant yang (Bensky et al. 2004). Products containing *Wolfiporia extensa* Used in Herbal Medicine to support the immune system (Rios 2011; Hobbs 2003; Hoffmann 2003). Used in Traditional Chinese Medicine (TCM) for small quantity of urination, dizziness caused by phlegm-fluid retention, spleen deficiency, reduced food intake, sloppy stool, diarrhea, disquietude of heart spirit, and insomnia (PPRC 2020). 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 2020). 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 headache, dizziness, and thick, greasy tongue coating (Bensky et al. 2004). Notes The above claims can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g. 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 and to help tonify and replenish the lungs and kidneys, tonify essence, and replenish qi). For multi-ingredient products: To prevent the product from being represented as a "traditional medicine", any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., Reishi is used in Traditional Chinese Medicine (TCM) to strengthen the body and tonify qi). When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required. Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Refer to Table 2 below. Table 2. Uses or purposes and associated daily doses Medicinal Ingredients Uses or purposes Methods of Preparation 1 Dose(s) (grams)/day *Agaricus blazei* Source of fungal polysaccharides/Source of antioxidants Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts

(Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides *Auricularia auricula-judae* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day *Cordyceps militaris* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day Dry standardized, Powdered\* standardized Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured fruiting body/cultured mycelium/ stroma per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day TCM claim Dry, Powdered\*, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 1.5-3 g of dried cultured fruiting body/cultured mycelium/ stroma per day Decoction 3-9 g of dried cultured fruiting body/cultured mycelium/ stroma per day *Ganoderma applanatum* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 30 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 30 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day *Ganoderma lucidum* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day Herbal Medicine Immune Support claim Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides Herbal Medicine Adaptogen or liver tonic claims Dry, Powdered\*, Non- Standardized Ethanolic Extract (Dry extract, Tincture, Fluid extract) 1.5-6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized 1.5-6 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides TCM claims Dry, Powdered\*, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 1.5-6 g of dried fruiting body per day Decoction 3-15 g of dried fruiting body per day *Grifola frondosa* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day Herbal Medicine Immune Support claim Dry, Powdered\* 1.6-7 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized 1.6-7 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-7 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-7 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides *Hericium erinaceus* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\*

Not to exceed 2.8 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 2.8 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 12 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 12 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 2.8 g of dried cultured mycelium/fruiting body/mycelium per day *Inonotus obliquus* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day *Lentinula edodes* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day Herbal Medicine Immune Support claim Dry, Powdered\* 1.6-6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized 1.6-6 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 6-16 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 6-16 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides *Ophiocordyceps sinensis* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3 g of dried stroma per day Dry standardized, Powdered\* standardized Not to exceed 3 g of dried stroma per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried stroma per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried stroma per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3 g of dried stroma per day TCM claim Dry, Powdered\*, Non- Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract) 1.5-3 g of dried stroma per day Decoction 3-9 g of dried stroma per day *Paecilomyces hepiali* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3 g of dried cultured mycelium per day Dry standardized, Powdered\* standardized Not to exceed 3 g of dried cultured mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3 g of dried cultured mycelium per day TCM claim Dry, Powdered\*, Non- Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract) 1.5-3 g of dried cultured mycelium per day Decoction 3-9 g of dried cultured mycelium per day *Schizophyllum commune* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day *Trametes versicolor* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 27 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 27 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day TCM claim Decoction 9-27 g of dried fruiting body per day *Tremella fuciformis* Source of

fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day TCM claim Decoction 3-9 g of dried fruiting body per day *Wolfiporia extensa* Source of fungal polysaccharides/Source of antioxidants Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 18 g of dried cultured mycelium/mycelium/ sclerotium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 18 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides Source of antioxidants Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day Herbal Medicine Immune Support claim Dry, Powdered\* 1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day Dry standardized, Powdered\* standardized 1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9-18 g of dried cultured mycelium/mycelium/sclerotium per day Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9-18 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% polysaccharides TCM claims Decoction 9-18 g of dried cultured mycelium/mycelium/sclerotium per day References: PPRC 2020; Wachtel-Galor et al. 2011; Godfrey et al. 2010; Mori et al. 2009; derMarderosian and Beutler 2008; Liu et al. 2008; Liu et al. 2005; Bensky et al. 2004; Chen and Chen 2004; Hobbs 2003; Upton 2000; Huang 1999; Levy et al. 1998; Ying 1987. 1 When the method of preparation 'decoction' or 'infusion' is listed as part of the acceptable methods of preparation in Table 2, the method of preparation 'decoction concentrate' or 'infusion concentrate' is also applicable. This would also apply to standardized extracts. Notes For standardized extracts, as evidence mainly supports the quantity crude equivalent, both the quantity crude equivalent and the maximum concentration of the potency constituent must be met. \*The method of preparation 'powdered' is defined as a dried and ground preparation (= unextracted). No fungal fragments remain identifiable by visual inspection. The maximal quantity of total polysaccharides provided by the product should not exceed 180 g per day and 45 g per single dose. Direction(s) for use Products containing *Ganoderma lucidum* Take with food (Flynn and Roest 1995). Duration(s) of Use Products containing *Wolfiporia extensa* Ask a health care practitioner/health care provider/health care professional/doctor/physician for prolonged use. Risk Information Caution(s) and warning(s) Products making TCM claims Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have serious or major conditions, any type of acute infection, deficiency or excess. Consult Table 3 to determine the required risk statements for each medicinal ingredient. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. Products providing 150 mg or more of dry or unextracted powdered *Grifola frondosa*, per day and/or 300 mg or more of dried *Grifola frondosa*, per day, prepared as an aqueous extract, and/or 300 mg or more of dried *Agaricus blazei* per day, prepared as an aqueous extract Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have diabetes (Brinker 2010; Firenzuoli et al. 2008; Hsu et al. 2007; Konno 2003, 2001). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners (Bisen et al. 2010; Wasser 2005). Contraindication(s) Do not use if you are pregnant or breastfeeding. Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (derMarderosian and Beutler 2008; Bensky et al. 2004; Gao et al. 2003, 2002; Levy et al. 1998). When using this product you may experience diuretic effects (PPRC 2020). Table 3. Risk information Medicinal Ingredients Risk Information *Agaricus blazei* 1,2 *Auricularia auricula-judae* 4 *Cordyceps militaris* 1 *Ganoderma applanatum* 1 *Ganoderma lucidum* 5 *Grifola frondosa* 2 *Hericium erinaceus* 1 *Inonotus obliquus* 1 *Lentinula edodes* 3,5 *Ophiocordyceps sinensis* 1 *Paecilomyces hepiali* 1 *Schizophyllum commune* 1 *Trametes versicolor* 1 *Tremella fuciformis* 1 *Wolfiporia extensa* 5,6 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 Must be established in accordance with the requirements described in the Natural Health Products Regulations. 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. The product must not contain any traces of agaritine. EXAMPLE OF PRODUCT FACTS: Consult the Guidance

Document, Labelling of Natural Health Products for more details. References Cited Al-Azad S, Ping VCA. Antioxidant Properties and Antimicrobial Activity in the Extracts of Two Edible Mushroom, *Pleurotus sajor caju* and *Schizophyllum commune*. *Advanced in Bioscience and Biotechnology* 2022;13(9):352-361. Bensky D, Clavey S, Stöger E, Gamble A, editors. *Chinese Herbal Medicine: Materia Medica*. 3rd edition. Seattle (WA): Eastland Press Inc; 2004. Belanger CA. *The Chinese Herb Selection Guide: A Traditional and Modern Clinical Repertory with a Summary Materia Medica for the Health Care Practitioner*. Richmond (CA): Phytotech Database Publishing Co.; 1997. Bin G, Yang G. Effects of *Ganoderma applanatum* polysaccharide on cellular and humoral immunity in normal and sarcoma 180 transplanted mice. *Phytotherapy Research* 1991;5(3):134-138. 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## MEDICINAL INGREDIENT(S)

Liquid and dry extracts prepared using only water as an extraction solvent (including decoctions and infusions) contain water soluble immunomodulatory polysaccharides and support the claim “Source of fungal properties with immunomodulatory properties”. Polysaccharides may be purified from these extract using ethanol to cause polysaccharide precipitation, after which the polysaccharides are separated from the water an ethanol mixture (Huang et al. 2022). The polysaccharide precipitate should be represented as an “extract dry” with the extraction solvent specified as “water” on the PLA form. Products making any Traditional Chinese Medicine (TCM) claim must contain the TCM ingredient(s) prepared according to the current version of the Chinese pharmacopoeia or a comparable reference text. Text in parentheses is additional optional information which can be included on the 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 on the label. This monograph may be used to support single ingredient or multi-ingredient products containing any medicinal ingredient from Table 1.

## DOSAGE FORM(S)

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

## USE(S) OR PURPOSE(S)

Medicinal Ingredients	Uses or purposes	Methods of Preparation	1Dose(s (grams))/day	Agaricus blazei	Source of
fungal polysaccharides	Source of antioxidants	Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day	Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides
<i>Auricularia auricula-judae</i>	Source of fungal polysaccharides	Source of antioxidants	Dry, Powdered*	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day	Dry standardized, Powdered* standardized
			Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium		

per day and 40% polysaccharidesNon-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per dayStandardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharidesSource of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per dayCordyceps militarisSource of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per dayDry standardized, Powdered\* standardizedNot to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharidesNon-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured fruiting body/cultured mycelium/ stroma per dayStandardized 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stroma per dayDecoction3-9 g of dried stroma per dayPaecilomyces hepialiSource of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3 g of dried cultured mycelium per dayDry standardized, Powdered\* standardizedNot to exceed 3 g of dried cultured mycelium per day and 40% polysaccharidesNon-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured mycelium per dayStandardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured mycelium per day and 40% polysaccharidesSource of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3 g of dried cultured mycelium per dayTCM claimDry, Powdered\*, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract)1.5-3 g of dried cultured mycelium per dayDecoction3-9 g of dried cultured mycelium per daySchizophyllum communeSource of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per dayDry standardized, Powdered\* standardizedNot to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharidesNon-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per dayStandardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharidesSource of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per dayTrametes versicolorSource of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per dayDry standardized, Powdered\* standardizedNot to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharidesNon-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 27 g of dried cultured mycelium/fruiting body/mycelium per dayStandardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 27 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharidesSource of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per dayTCM claimDecoction9-27 g of dried fruiting body per dayTremella fuciformisSource of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per dayDry standardized, Powdered\* standardizedNot to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharidesNon-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g



of dried cultured mycelium/fruiting body/mycelium per day  
 Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
 Source of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
 TCM claimDecoction3-9 g of dried fruiting body per day  
*Wolfiporia extensa*Source of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day  
 Dry standardized, Powdered\* standardizedNot to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides  
 Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 18 g of dried cultured mycelium/mycelium/ sclerotium per day  
 Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 18 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides  
 Source of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day  
 Herbal Medicine Immune Support claimDry, Powdered\*1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day  
 Dry standardized, Powdered\* standardized1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% Polysaccharides  
 Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)9-18 g of dried cultured mycelium/mycelium/sclerotium per day  
 Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)9-18 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% polysaccharides  
 TCM claimsDecoction9-18 g of dried cultured mycelium/mycelium/sclerotium per day

## DOSE(S)

Medicinal IngredientsUses or purposesMethods of Preparation1Dose(s (grams))/day  
*Agaricus blazei*Source of fungal polysaccharides/Source of antioxidantsNon-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day  
 Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
*Auricularia auricula-judae*Source of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
 Dry standardized, Powdered\* standardizedNot to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
 Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day  
 Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
 Source of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
*Cordyceps militaris*Source of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day  
 Dry standardized, Powdered\* standardizedNot to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides  
 Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured fruiting body/cultured mycelium/ stroma per day  
 Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 9 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides  
 Source of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day  
 TCM claimDry, Powdered\*, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)1.5-3 g of dried cultured fruiting body/cultured mycelium/ stroma per day  
 Decoction3-9 g of dried cultured fruiting body/cultured mycelium/ stroma per day  
*Ganoderma applanatum*Source of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
 Dry standardized, Powdered\* standardizedNot to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
 Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 30 g of dried cultured mycelium/fruiting body/mycelium per day  
 Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 30 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
 Source of antioxidantsNon-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
*Ganoderma lucidum*Source of fungal polysaccharides/Source of antioxidantsDry, Powdered\*Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day  
 Dry standardized, Powdered\* standardizedNot to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
 Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)Not to exceed 15 g of dried cultured mycelium/fruiting



body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 15 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day  
Herbal Medicine Immune Support claim  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides  
Herbal Medicine Adaptogen or liver tonic claims  
Dry, Powdered\*, Non-Standardized Ethanolic Extract (Dry extract, Tincture, Fluid extract) 1.5-6 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized 1.5-6 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-15 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides  
TCM claims  
Dry, Powdered\*, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 1.5-6 g of dried fruiting body per day  
Decoction 3-15 g of dried fruiting body per day  
*Grifola frondosa*  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 7 g of dried cultured mycelium/fruiting body/mycelium per day  
Herbal Medicine Immune Support claim  
Dry, Powdered\* 1.6-7 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized 1.6-7 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-7 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3-7 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides  
*Hericium erinaceus*  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 2.8 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 2.8 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 12 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 12 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 2.8 g of dried cultured mycelium/fruiting body/mycelium per day  
*Inonotus obliquus*  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
*Lentinula edodes*  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day  
Herbal Medicine Immune Support claim  
Dry, Powdered\* 1.6-6 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized 1.6-6 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 6-16 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 6-16 g of dried cultured mycelium/fruiting body/mycelium per day and not to exceed 40% polysaccharides  
*Ophiocordyceps sinensis*  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 3 g of dried stroma per day  
Dry standardized, Powdered\* standardized Not to exceed 3 g of dried stroma per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of

dried stroma per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried stroma per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3 g of dried stroma per day  
TCM claim  
Dry, Powdered\*, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract) 1.5-3 g of dried stroma per day  
Decoction 3-9 g of dried stroma per day  
Paecilomyces hepiali  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 3 g of dried cultured mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 3 g of dried cultured mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3 g of dried cultured mycelium per day  
TCM claim  
Dry, Powdered\*, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid Extract) 1.5-3 g of dried cultured mycelium per day  
Decoction 3-9 g of dried cultured mycelium per day  
Schizophyllum commune  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 16 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
Trametes versicolor  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 27 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 27 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day  
TCM claim  
Decoction 9-27 g of dried fruiting body per day  
Tremella fuciformis  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day  
TCM claim  
Decoction 3-9 g of dried fruiting body per day  
Wolfiporia extensa  
Source of fungal polysaccharides/Source of antioxidants  
Dry, Powdered\* Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day  
Dry standardized, Powdered\* standardized Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 18 g of dried cultured mycelium/mycelium/ sclerotium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) Not to exceed 18 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides  
Source of antioxidants  
Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day  
Herbal Medicine Immune Support claim  
Dry, Powdered\* 1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day  
Dry standardized, Powdered\* standardized 1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% Polysaccharides  
Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9-18 g of dried cultured mycelium/mycelium/sclerotium per day  
Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9-18 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% polysaccharides  
TCM claims  
Decoction 9-18 g of dried cultured mycelium/mycelium/sclerotium per day

## RISK INFORMATION

Caution(s) and warning(s) Products making TCM claims Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Ask a health care

practitioner/health care provider/health care professional/doctor/physician before use if you have serious or major conditions, any type of acute infection, deficiency or excess. Consult Table 3 to determine the required risk statements for each medicinal ingredient. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. Products providing 150 mg or more of dry or unextracted powdered *Grifola frondosa*, per day and/or 300 mg or more of dried *Grifola frondosa*, per day, prepared as an aqueous extract, and/or 300 mg or more of dried *Agaricus blazei* per day, prepared as an aqueous extract. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have diabetes (Brinker 2010; Firenzuoli et al. 2008; Hsu et al. 2007; Konno 2003, 2001). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners (Bisen et al. 2010; Wasser 2005). Contraindication(s) Do not use if you are pregnant or breastfeeding. Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (derMarderosian and Beutler 2008; Bensky et al. 2004; Gao et al. 2003, 2002; Levy et al. 1998). When using this product you may experience diuretic effects (PPRC 2020). Table 3. Risk information Medicinal Ingredients Risk Information

<i>Agaricus blazei</i> 1,2	<i>Auricularia auricula-judae</i> 4	<i>Cordyceps militaris</i> 1	<i>Ganoderma applanatum</i> 1	<i>Ganoderma lucidum</i> 5	<i>Grifola frondosa</i> 2	<i>Hericium erinaceus</i> 1	<i>Inonotus obliquus</i> 1	<i>Lentinula edodes</i> 3,5	<i>Ophiocordyceps sinensis</i> 1	<i>Paecilomyces hepiali</i> 1	<i>Schizophyllum commune</i> 1	<i>Trametes versicolor</i> 1	<i>Tremella fuciformis</i> 1	<i>Wolfiporia extensa</i> 5,6
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## 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)

Must be established in accordance with the requirements described in the Natural Health Products Regulations.

## 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. The product must not contain any traces of agaritine.

Ingredient(s)	Common name(s)	Source information	
Ingredient(s)	Part(s)	Preparation(s)	
<i>Agaricus blazei</i>	Himematsutake	<i>Agaricus blazei</i>	Cultured myceliumFruiting bodyM
<i>Auricularia judae</i>	Jelly ear	<i>Auricularia auricula-judae</i>	Cultured myceliumFruiting bodyM
<i>Cordyceps militaris</i>	Chinese caterpillar fungus	<i>Cordyceps militaris</i>	Cultured fruiting bodyCultured my
<i>Ganoderma applanatum</i>	Artist's conk	<i>Ganoderma applanatum</i>	Cultured myceliumFruiting bodyM
<i>Ganoderma lucidum</i>	GanodermaLing zhiReishi	<i>Ganoderma lucidum</i>	Cultured myceliumFruiting bodyM
<i>Grifola frondosa</i>	Maitake	<i>Grifola frondosa</i>	Cultured myceliumFruiting bodyM

ceus	Lion's Mane	Hericium erinaceus	Cultured myceliumFruiting bodyM
uus	Chaga	Inonotus obliquus	Cultured myceliumFruiting bodyM
es	Shiitake	Lentinula edodes	Cultured myceliumFruiting bodyM
os sinensis	Chinese caterpillar fungusCordyceps	Cordyceps sinensisDong shengxia cao	Stroma
hepiali	CordycepsCultured Chinese caterpillar fungus	Fajian cordycepshepiali	Cultured mycelium
commune	Split Gill fungus	Schizophyllum commune	Cultured myceliumFruiting bodyM
icolor	KawaratakeTurkey TailYunzhi	Trametes versicolor	Cultured myceliumFruiting bodyM
rmis	Silver earWhite mushroom	Tremella fuciformis	Cultured myceliumFruiting bodyM
nsa	Fu lingHoelenIndian breadPoria	Sclerotium of Wolfiporia extensa	Cultured myceliumMyceliumScler

Ingredients	Uses or purposes	Methods of Preparation1	Dose(s (grams))/day
zei	Source of fungal polysaccharides/Source of antioxidant	Not Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
auricula- judae	Source of fungal polysaccharides/Source of antioxidant	Dry, Powdered*	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides
dized, Powdered* standardized	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides	
militaris	Source of fungal polysaccharides/Source of antioxidant	Dry, Powdered*	Not to exceed 3 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides
dized, Powdered* standardized	Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides	
	Dry, Powdered*, Non-Standardized Ethanolic Extracts (Dry extract, Decoction, Infusion)	15 Bags (Dry extract, Decoction, Infusion)	Not to exceed 3 g of dried cultured fruiting body/cultured mycelium/ stroma per day and 40% polysaccharides
	3-9 g of dried cultured fruiting body/cultured mycelium/ stroma per day		
applanatum	Source of fungal polysaccharides/Source of antioxidant	Dry, Powdered*	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides
dized, Powdered* standardized	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides	
lucidum	Source of fungal polysaccharides/Source of antioxidant	Dry, Powdered*	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides
dized, Powdered* standardized	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Decoction, Infusion)	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides	
icine Immune Support claim	Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)	15 Bags (Dry extract, Decoction, Infusion)	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
icine Adaptogen or liver tonic claim	Dry, Powdered*, Non- Standardized Ethanolic Extracts (Dry extract, Decoction, Infusion)	15 Bags (Dry extract, Decoction, Infusion)	Not to exceed 6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides

Dried, Powdered* standardized	1.5-6 g of dried cultured mycelium/fruited body/mycelium per day and not to exceed 40%	polysaccharides
Standardized Aqueous Extracts (Dry extract)	Not to exceed 7 g of dried cultured mycelium/fruited body/mycelium per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 7 g of dried cultured mycelium/fruited body/mycelium per day and not to exceed 40%	polysaccharides
	Dry, Powdered*, Non-Standardized Ethanollic Extracts (Dry extract)	
	3-15 g of dried fruited body per day	
Lactaria	Source of fungal polysaccharides/Source of dried plant*	Not to exceed 7 g of dried cult
Dried, Powdered* standardized	Not to exceed 7 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 7 g of dried cultured mycelium/fruited body/mycelium per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 7 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Antioxidants	Non-Standardized Ethanollic Extracts (Dry extract)	
Medicine Immune Support claim	Dry, Powdered*	1.6-7 g of dried cultured mycelium/fruited body/mycelium per day
Dried, Powdered* standardized	1.6-7 g of dried cultured mycelium/fruited body/mycelium per day and not to exceed 40%	polysaccharides
Standardized Aqueous Extracts (Dry extract)	Not to exceed 7 g of dried cultured mycelium/fruited body/mycelium per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 7 g of dried cultured mycelium/fruited body/mycelium per day and not to exceed 40%	polysaccharides
Lactaria	Source of fungal polysaccharides/Source of dried plant*	Not to exceed 2.8 g of dried cu
Dried, Powdered* standardized	Not to exceed 2.8 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 2 g of dried cultured mycelium/fruited body/mycelium per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 2 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Antioxidants	Non-Standardized Ethanollic Extracts (Dry extract)	
Liquor	Source of fungal polysaccharides/Source of dried plant*	Not to exceed 3.6 g of dried cu
Dried, Powdered* standardized	Not to exceed 3.6 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 3.6 g of dried cultured mycelium/fruited body/mycelium per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 3.6 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Antioxidants	Non-Standardized Ethanollic Extracts (Dry extract)	
Lactaria	Source of fungal polysaccharides/Source of dried plant*	Not to exceed 6 g of dried cult
Dried, Powdered* standardized	Not to exceed 6 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 6 g of dried cultured mycelium/fruited body/mycelium per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 6 g of dried cultured mycelium/fruited body/mycelium per day and 40% polysaccharides	
Antioxidants	Non-Standardized Ethanollic Extracts (Dry extract)	
Medicine Immune Support claim	Dry, Powdered*	1.6-6 g of dried cultured mycelium/fruited body/mycelium per day
Dried, Powdered* standardized	1.6-6 g of dried cultured mycelium/fruited body/mycelium per day and not to exceed 40%	polysaccharides
Standardized Aqueous Extracts (Dry extract)	Not to exceed 6 g of dried cultured mycelium/fruited body/mycelium per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 6 g of dried cultured mycelium/fruited body/mycelium per day and not to exceed 40%	polysaccharides
Cephus sinensis	Source of fungal polysaccharides/Source of dried plant*	Not to exceed 3 g of dried stro
Dried, Powdered* standardized	Not to exceed 3 g of dried stroma per day and 40% polysaccharides	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 9 g of dried stroma per day	
Standardized Aqueous Extracts (Dry extract)	Not to exceed 9 g of dried stroma per day and 40% polysaccharides	
Antioxidants	Non-Standardized Ethanollic Extracts (Dry extract)	
	Dry, Powdered*, Non- Standardized Ethanollic Extracts (Dry extract)	



	3-9 g of dried stroma per day		
es hepali	Source of fungal polysaccharides/Source of	Dry, Powdered*	Not to exceed 3 g of dried cult
dized, Powdered* standardized	Not to exceed 3 g of dried cultured mycelium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 9 g of dried cultured mycelium per day		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3 g of dried cultured mycelium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	Not to exceed 3 g of dried cultured mycelium per day	
	Dry, Powdered*, Non- Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)		
	3-9 g of dried cultured mycelium per day		
um commune	Source of fungal polysaccharides/Source of	Dry, Powdered*	Not to exceed 3.6 g of dried cu
dized, Powdered* standardized	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per d	
ersicolor	Source of fungal polysaccharides/Source of	Dry, Powdered*	Not to exceed 5 g of dried cult
dized, Powdered* standardized	Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 2 g of dried cultured mycelium/fruiting body/mycelium per day		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	Not to exceed 5 g of dried cultured mycelium/fruiting body/mycelium per day	
	Decoction	9-27 g of dried fruiting body per day	
iformis	Source of fungal polysaccharides/Source of	Dry, Powdered*	Not to exceed 3.6 g of dried cu
dized, Powdered* standardized	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 9 g of dried cultured mycelium/fruiting body/mycelium per day		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3 g of dried cultured mycelium/fruiting body/mycelium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	Not to exceed 3.6 g of dried cultured mycelium/fruiting body/mycelium per d	
	Decoction	3-9 g of dried fruiting body per day	
xtensa	Source of fungal polysaccharides/Source of	Dry, Powdered*	Not to exceed 3.6 g of dried cu
dized, Powdered* standardized	Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 9 g of dried cultured mycelium/mycelium/ sclerotium per day		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per day and 40% polysaccharides		
ntioxidants	Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	Not to exceed 3.6 g of dried cultured mycelium/mycelium/ sclerotium per da	
icine Immune Support claim	Dry, Powdered*	1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day	
dized, Powdered* standardized	1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% Polysaccharides		
rdized Aqueous Extracts (Dry extract, Decoction, Infusion)	1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day		
d Aqueous Extracts (Dry extract, Decoction, Infusion)	1.6-3.6 g of dried cultured mycelium/mycelium/sclerotium per day and not to exceed 40% polysaccharides		
	Decoction	9-18 g of dried cultured mycelium/mycelium/sclerotium per day	

Medicinal Ingredients	Risk Information
Agaricus blazei	1,2

Auricularia auricula-judae	4
Cordyceps militaris	1
Ganoderma applanatum	1
Ganoderma lucidum	5
Grifola frondosa	2
Hericium erinaceus	1
Inonotus obliquus	1
Lentinula edodes	3,5
Ophiocordyceps sinensis	1
Paecilomyces hepiali	1
Schizophyllum commune	1
Trametes versicolor	1
Tremella fuciformis	1
Wolfiporia extensa	5,6