

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

Date

December 18, 2018

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>Grifola frondosa</i>	Maitake	<i>Grifola frondosa</i>	<ul style="list-style-type: none"> ▶ Cultured mycelium ▶ Fruit body ▶ Mycelium 	Dried

References: Proper name: Bisby et al. 2018, CABI 2018; Common name: Hobbs 2003, derMarderosian and Beutler 2002, McGuffin et al. 2000; Source materials: Hobbs 2003, Wasser 2002, McGuffin et al. 1997.

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 (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 and older

Quantity(ies)

Source of polysaccharides

Methods of preparation: Dry, Powder, Non-Standardized Extract (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Not to exceed 7 grams of dried Maitake, per day (Godfrey et al. 2010; Hobbs 2003; derMarderosian and Beutler 2002).

Methods of preparation: Standardized Extract (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Not to exceed 7 grams of dried Maitake, per day and 40 % polysaccharides (Godfrey et al. 2010; Hobbs 2003; derMarderosian and Beutler 2002).

Immune support

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

1.6 - 7 grams of dried Maitake, per day (Godfrey et al. 2010; Hobbs 2003; derMarderosian and Beutler 2002).

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

1.6 - 7 grams of dried Maitake, per day and not to exceed 40 % polysaccharides (Godfrey et al. 2010; Hobbs 2003; derMarderosian and Beutler 2002).



Method of preparation: Decoction

3 - 7 grams of dried Maitake, per day (Hobbs 2003).

Method of preparation: Decoction standardised

3 - 7 grams of dried Maitake, per day and not to exceed 40 % polysaccharides (Hobbs 2003).

Note

For standardized extracts, as evidence mainly supports the quantity crude equivalent of Maitake, both the quantity crude equivalent and the maximum concentration of the potency constituent must be met.

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Products providing 150 mg or more of dried Maitake, per day, prepared as dry, powder, dry ethanolic extract, tincture or fluid extract; and/or Products providing 300 mg or more of dried Maitake, per day, prepared as decoction

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have diabetes (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 (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

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