CORIOLUS MUSHROOM

Other Names:
Boletus Versicolor, Coriolus, Coriolus versicolor,
Kawaratake, Krestin, Polyporus Versicolor, Polysaccharide Peptide, Polysaccharide-K, Polysaccharide Krestin, Polystictus Versicolor, PSK, PSP, Trametes versicolor, Turkey Tail, Yun Zhi, Yun-Zhi (cloud mushroom).

CORIOLUS MUSHROOM OVERVIEW INFORMATION

Coriolus mushroom is a fungus. People have used the fruiting body and other parts as folk medicine for a long time. Recently, researchers have started to isolate and identify substances in coriolus that might act like pharmaceutical drugs. Two of these substances are polysaccharide peptide (PSP) and polysaccharide krestin (PSK). Scientists think these chemicals might be able to fight cancer and boost the immune system.

Coriolus mushroom, PSP, and PSK are used for stimulating the immune system; treating herpes, chronic fatigue syndrome (CFS), hepatitis, and pulmonary disorders; reducing phlegm; improving bodybuilding results; increasing energy; curing ringworm and a skin condition called impetigo; treating upper respiratory, urinary, and digestive tract infections; curing liver disorders including hepatitis; reducing the toxic effects and pain of chemotherapy and radiation therapy; increasing the effectiveness of chemotherapy; prolonging life and raising the quality of life of cancer patients; and increasing appetite.

How does it work?
Coriolus contains polysaccharide peptide (PSP) and polysaccharide-K (PSK, krestin), which may be able to fight tumor growth as well as boost the system.

CORIOLUS MUSHROOM USES & EFFECTIVENESS

Possibly Effective for:
Cancer when used with chemotherapy. Taking polysaccharide krestin (PSK), a substance found in coriolus mushroom, may improve some cancer patients’ response to chemotherapy. PSK has been used in Japan for several decades for breast cancer, esophageal cancer, gastric cancer, lung cancer, hepatic cancer, colorectal cancer, and nasopharyngeal cancer. Results have varied.

Insufficient Evidence for:
Boosting the immune system.
Herpes.
Chronic fatigue syndrome.
Hepatitis.
Lung disorders.
Bodybuilding.
Ringworm.
Skin infections, including impetigo.
Urinary tract infections.
Digestive tract infections.
Poor appetite.
Other conditions.

More evidence is needed to rate the effectiveness of coriolus mushroom for these uses.

CORIOLUS MUSHROOM SIDE EFFECTS & SAFETY

Coriolarus mushroom is possibly safe for most people. There have been no reported side effects so far. However, people who have received chemotherapy and a chemical called PSK (which is extracted from coriolus mushroom) have experienced nausea, low white blood cell counts, and liver problems. It is unclear if these side effects were due to the chemotherapy or PSK.

Special Precautions & Warnings:
**Pregnancy and breast-feeding:** Not enough is known about the use of coriolarus mushroom during pregnancy and breast-feeding. Stay on the safe side and avoid use.

CORIOLUS MUSHROOM INTERACTIONS

We currently have no information for CORIOLUS MUSHROOM Interactions

CORIOLUS MUSHROOM DOSING

The following doses have been studied in scientific research:

**BY MOUTH:**

For cancer, in addition to chemotherapy: 3 grams of PSK, the ingredient that is thought to fight cancer, is taken daily.

View clinical references for this vitamin or supplement

References:

Collins RA, Ng TB. Polysaccharopeptide from Coriolus versicolor has potential for use against human immunodeficiency virus type 1 infection. Life Sci 1997;60:PL383-7.


Ng TB, Chan WY. Polysaccharopeptide from the mushroom Coriolus versicolor possesses analgesic activity but does not produce adverse effects on female reproductive or embryonic development in mice. Gen Pharmacol 1997;29:269-73.

Ng TB. A review of research on the protein-bound polysaccharide (polysaccharopeptide, PSP) from the mushroom Coriolus versicolor (Basidiomycetes: Polyporaceae). Gen Pharmacol 1998;30:1-4.


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