Creative Enzymes®

Poria cocos powder

Cat. No. EXTC-209

Lot. No. (See product label)

Product Information

Source	Poria cocos is a fungus in the family Polyporaceae. It is a wood-decay fungus but has a terrestrial growth habit. It is notable in the development of a large, long-lasting underground sclerotium that resembles a small coconut.
Appearance	Off-white to white powder
Function	In traditional medicine, poria mushroom filaments have been used for loss of memory (amnesia), anxiety, restlessness, fatigue, tension, nervousness, dizziness, urination problems, fluid retention, sleep problems (insomnia), an enlarged spleen, stomach problems, diarrhea, tumors, and to control coughing. Poria filaments have been used in various herbal combination products for treating diarrhea, ongoing kidneyinflammation (chronic glomerulonephritis), ringing in the ears (tinnitus), and for decreasing upper gastrointestinal (GI) tract bleeding. Poria mushroom contains chemicals that might improve kidney function, lower serum cholesterol, reduce inflammation, and suppress immune function. It might also have antitumor and anti-vomiting effects.