



Indian bread (*Poria Cocos* Schw.) is a respected mushroom for which studies have shown: 1) support of effective immune function in recognition and response to abnormal cell development;^{1,2,3,4} 2) support of healthy immune function in face of tumors through anti-angiogenic (preventing development of new blood supply) activity;⁵ 3) demonstrates anti-inflammatory benefits;^{6,7} and 3) multiple antioxidant benefits including neuronal protection that may help protect against Alzheimers' disease.^{8,9}

¹ **Triterpene acids from *Poria cocos* and their anti-tumor-promoting effects.** Akihisa T, Nakamura Y, Tokuda H, et al. *J Nat Prod.* 2007 Jun;70(6):948-53. <http://www.ncbi.nlm.nih.gov/pubmed/17488130>

² **Induction of apoptosis in prostate cancer cells by pachymic acid from *Poria cocos*.** Gapter L, Wang Z, Glinski J, Ng KY. *Biochem Biophys Res Commun.* 2005 Jul 15;332(4):1153-61. <http://www.ncbi.nlm.nih.gov/pubmed/15913545>

³ **Induction of apoptosis in prostate cancer cells by pachymic acid from *Poria cocos*.** Gapter L, Wang Z, Glinski J, Ng KY. *Biochem Biophys Res Commun.* 2005 Jul 15;332(4):1153-61. <http://www.ncbi.nlm.nih.gov/pubmed/15913545>

⁴ **Cytotoxic and Anti-oxidant Activities of Lanostane-Type Triterpenes Isolated from *Poria cocos*.** Zhou L, Zhang Y, Gapter LA, et al. *Chem Pharm Bull (Tokyo).* 2008 Oct;56(10):1459-62. <http://www.ncbi.nlm.nih.gov/pubmed/18827390>; Full text access: http://www.jstage.jst.go.jp/article/cpb/56/10/56_1459/_article

⁵ **Natural health products that inhibit angiogenesis: a potential source for investigational new agents to treat cancer-Part 1.** Sagar SM, Yance D, Wong RK. *Curr Oncol.* 2006 Feb;13(1):14-26. <http://www.ncbi.nlm.nih.gov/pubmed/17576437>; Full text access: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1891166/?tool=pubmed>

⁶ **Herbal formula FBD extracts prevented brain injury and inflammation induced by cerebral ischemia-reperfusion.** Lin Z, Zhu D, Yan Y, Yu B. *J Ethnopharmacol.* 2008 Jun 19;118(1):140-7. <http://www.ncbi.nlm.nih.gov/pubmed/18486376>.

⁷ **Effect of the basidiomycete *Poria cocos* on experimental dermatitis and other inflammatory conditions.** Cuellar MJ, Giner RM, Recio MC, Just MJ, Mañez S, Rios JL. *Chem Pharm Bull (Tokyo).* 1997 Mar;45(3):492-4. <http://www.ncbi.nlm.nih.gov/pubmed/9085556>.

⁸ **An Antioxidant Phytotherapy to Rescue Neuronal Oxidative Stress.** Lin Z, Zhu D, Yan Y, et al. *Evid Based Complement Alternat Med.* 2008 Aug 7. Free full text: <http://ecam.oxfordjournals.org/cgi/content/full/nen053v1>.

⁹ ***Poria cocos* water extract (PCW) protects PC12 neuronal cells from beta-amyloid-induced cell death through antioxidant and antiapoptotic functions.** Park YH, Son IH, Kim B, et al. *Pharmazie.* 2009 Nov;64(11):760-4. <http://www.ncbi.nlm.nih.gov/pubmed/20099523>.