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TURKEY TAIL MUSHROOM

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- **ActiveIngredient:**
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-

Description

Uses & Effectiveness Overview Turkey tail (*Coriolus versicolor*) is a mushroom. It contains polysaccharide peptide (PSP) and polysaccharide krestin (PSK), which are used as medicine. Turkey tail mushroom grows on stumps and the decomposing wood of trees. The PSP and PSK in turkey tail mushroom might help slow cancer growth and boost the immune system. People use turkey tail mushroom to improve response to cancer medicines and radiation. It is also used for muscle strength, fatigue, UTIs, and many other conditions, but there is no good scientific evidence to support these uses. Turkey tail mushroom is rich in a compound called polysaccharide-K, which has been studied for its potential anticancer properties and is used as an adjunct treatment for cancer patients in some countries.

Side Effects When taken by mouth: Turkey tail mushroom is likely safe for most people. For most healthy adults, it is well-tolerated. Some people who are receiving chemotherapy and a substance extracted from turkey tail mushroom called polysaccharide krestin (PSK) have reported nausea, vomiting, low white blood cell counts, and liver problems. But it is unclear if these side effects were due to the chemotherapy or PSK. When used in the vagina: There isn't enough reliable information to know if turkey tail mushroom is safe. It might cause side effects like itching and irritation.

Interactions **Moderate Interaction** Be cautious with this combination Cyclophosphamide interacts with TURKEY TAIL MUSHROOM PSP, a chemical found in turkey tail mushroom, might change how quickly cyclophosphamide is removed from the body. This might alter how effective it is, and cause more side effects. Medications for diabetes (Antidiabetes drugs) interacts with TURKEY TAIL MUSHROOM Turkey tail mushroom might lower blood sugar levels. Taking turkey tail mushroom along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely. tamoxifen (Nolvadex) interacts with TURKEY TAIL MUSHROOM Taking turkey tail mushroom with tamoxifen might change the way that tamoxifen works in the body or reduce the effects of tamoxifen. **Minor Interaction** Be watchful with this combination Medications changed by the liver (Cytochrome P450 2C9 (CYP2C9) substrates) interacts with TURKEY TAIL MUSHROOM Some medications are changed and broken down by the liver. PSP, a chemical found in turkey tail mushroom, might change how quickly the liver breaks down these medications. This could change the effects and side effects of these medications.

Special Precautions and Warnings When taken by mouth: Turkey tail mushroom is likely safe for most people. For most healthy adults, it is well-tolerated. Some people who are receiving chemotherapy and a substance extracted from turkey tail mushroom called polysaccharide krestin (PSK) have reported nausea, vomiting, low white blood cell counts, and liver problems. But it is unclear if these side effects were due to the chemotherapy or PSK. When used in

the vagina: There isn't enough reliable information to know if turkey tail mushroom is safe. It might cause side effects like itching and irritation. Pregnancy and breast-feeding: There isn't enough reliable information to know if turkey tail mushroom is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use. Dosing Turkey tail mushroom contains polysaccharide krestin (PSK) and polysaccharide peptide (PSP). Some supplements contain just these chemicals, but the whole mushroom is also sometimes used. PSK has most often been used by adults in a dose of 3 grams by mouth daily for up to 36 months. Whole turkey tail mushroom has been used in a dose of 2.4 grams by mouth daily for up to 12 weeks. Speak with a healthcare provider to find out what type of product and dose might be best for a specific condition.

Side Effects

Uses

Interactions

Other Details
