[0011a]

In one aspect, there is provided an oral composition comprising: an agent for promoting the growth of non-pathogenic indigenous oral bacteria in the oral cavity, comprising a dry powder of one or more mushrooms selected from the group consisting of: lion's mane mushroom (*Hericium erinaceus*), oyster mushroom (*Pleurotus ostreatus*) and agaricus (*Agaricus blazei*),wherein the dry powder is at least 95 wt% of particles having a size of 500 μm or less.

In another aspect, there is provided a method for promoting the growth of non-pathogenic indigenous oral bacteria in a subject in the oral cavity, said method comprising: administering to the subject an effective amount for promoting the growth of non-pathogenic indigenous oral bacteria in the oral cavity of a dry powder of one or more mushrooms selected from the group consisting of: lion's mane mushroom (*Hericium erinaceus*), maitake (*Grifola frondosa*), hon-shimeji (*Lyophyllum shimeji*), buna-shimeji (*Hypsizygus marmoreus*), oyster mushroom (*Pleurotus ostreatus*) and agaricus (*Agaricus blazei*), wherein the non-pathogenic indigenous oral bacteria are Mitis group streptococci selected from the group consisting of: Streptococcus gordonii, Streptococcus mitis and Streptococcus oralis.

CLAIMS:

1. An oral composition comprising: an agent for promoting the growth of non-pathogenic indigenous oral bacteria in the oral cavity, comprising a dry powder of one or more mushrooms selected from the group consisting of: lion's mane mushroom (*Hericium erinaceus*), oyster mushroom (*Pleurotus ostreatus*) and agaricus (*Agaricus blazei*),wherein the dry powder is at least 95 wt% of particles having a size of 500 μm or less.

2. The oral composition of claim 1, wherein the dry mushroom powder is a dry-ground powder of the mushroom fruiting body.

3. The oral composition of claim 1 or 2, wherein the mushroom is lion's mane mushroom (*Hericium erinaceus*).

4. The oral composition of claim 1, 2 or 3, wherein the non-pathogenic indigenous oral bacteria are Mitis group streptococci selected from the group consisting of: *Streptococcus gordonii*, *Streptococcus mitis* and *Streptococcus oralis*.

5. The oral composition of any one of claims 1 to 4, wherein a content of the dry mushroom powder is from 0.001 to 50 wt% as dry mushroom powder basis of the overall composition.

6. The oral composition of any one of claims 1 to 5 which is prepared in a dosage form selected from the group consisting of: tablets, granules, gumdrops, beverages, dentifrices, mouthwashes and mouth sprays.

7. A method for promoting the growth of non-pathogenic indigenous oral bacteria in a subject in the oral cavity, said method comprising:

administering to the subject an effective amount for promoting the growth of non-pathogenic indigenous oral bacteria in the oral cavity of a dry powder of one or more mushrooms selected from the group consisting of: lion's mane mushroom (*Hericium erinaceus*), maitake (*Grifola frondosa*), hon-shimeji (*Lyophyllum shimeji*), buna-shimeji (*Hypsizygus marmoreus*), oyster mushroom (*Pleurotus ostreatus*) and agaricus (*Agaricus blazei*), wherein the non-pathogenic indigenous oral bacteria are Mitis group streptococci selected from the group consisting of: *Streptococcus gordonii*, *Streptococcus mitis* and *Streptococcus oralis*.