

ABSTRACT

A method for preparing an *Antrodia cinnamomea* extract, which relates to the technical field of edible medicinal fungi. The method comprises: using an ethanol solution to extract culture dish-type *Antrodia cinnamomea* sporocarp powder, concentrating a filtrate under reduced pressure to obtain a crude extract; adsorbing the crude extract by using a macroporous resin and then placing same in a rectangular container; sequentially eluting by using a mixed solution, concentrating an eluate under reduced pressure, and drying to obtain a first sub-extract of an *Antrodia cinnamomea* extract; next, eluting by using an ethanol solution, concentrating an eluate under reduced pressure, and drying to obtain a second sub-extract of the *Antrodia cinnamomea* extract; next, eluting by using an ethyl acetate solution, concentrating an eluate under reduced pressure, and drying to obtain a third sub-extract of the *Antrodia cinnamomea* extract. Further provided are a method for preparing an *Antrodia cinnamomea* composition and a pharmaceutical composition. The obtained sub-extracts of an *Antrodia cinnamomea* extract or the *Antrodia cinnamomea* composition may be used for treating cancer and reducing the side effects of chemotherapy.