

Cordyceps

Functional Mushrooms



Recommended by
Angie Svoboda, Pharm D.

DESCRIPTION

Cordyceps (*Cordyceps sinensis*) is a parasitic fungus that grows all over the world by infecting insects as its host. This functional mushroom is now grown in the U.S. for our Cordyceps product by using organic substrates producing an organic mycelliated mass. This method provides for the synergistic effects and beneficial actions of the full compounds. Our Cordyceps Functional Mushroom provides 1,000 mg of organic cordyceps mycelium powder providing 400 mg of the polysaccharides.

FUNCTIONS

Cordyceps sinensis was officially classified as a drug in 1964 in Chinese Pharmacopoeia. Cordyceps species have been found to have effects on cytokine production, tumor necrosis factor and increased nitric oxide production. Cordyceps might improve immunity by stimulating both activation and suppression effects on the immune system, which may work to help balance the immune system and reduce autoimmune activity. Pre-clinical studies have also shown *Cordyceps sinensis* to improve cardiovascular health through an increase in the number of red blood cells and antioxidant activity, as well as improve vasorelaxation, hyperlipidemia and glucose metabolism. Many have also reported relief from fatigue, depression and brain fog. Cordyceps is also believed to enhance the body's production of adenosine triphosphate (ATP), thereby improving energy levels.

INDICATIONS

Cordyceps Functional Mushrooms may be a useful dietary supplement for those who want to support healthy immune responses, help to alleviate symptoms of adrenal fatigue and improve mood.†

FORMULA (WW #10466)

Two Vegan Capsules Contain:

Organic cordyceps..... 1,000 mg
(*Cordyceps sinensis*) mushroom mycelium powder
(Standardized to 40% polysaccharides [400 mg])

Other Ingredients: Organic capsule (organic pullulan, water), organic rice hulls.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This product contains NO dairy, wheat, gluten, corn, eggs, peanuts, soy, tree nuts, fish, shellfish, sesame, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 2 capsules daily, or as directed by a healthcare professional.

CONTRAINDICATIONS

Do not take if pregnant or breastfeeding. Those with bleeding disorders, upcoming surgery and allergies to fungi should not take this supplement. Those with autoimmune conditions such as lupus or rheumatoid arthritis should consult with a healthcare professional.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Ng, T. B., & Wang, H. X. (2005). Pharmacological actions of Cordyceps, a prized folk medicine. *The Journal of pharmacy and pharmacology*, 57(12), 1509–1519. <https://doi.org/10.1211/jpp.57.12.0001>

Das, G., Shin, H. S., Leyva-Gómez, G., Prado-Audelo, M. L. D., Cortes, H., Singh, Y. D., Panda, M. K., Mishra, A. P., Nigam, M., Saklani, S., Chatur, P. K., Martorell, M., Cruz-Martins, N., Sharma, V., Garg, N., Sharma, R., & Patra, J. K. (2021). *Cordyceps* spp.: A Review on Its Immune-Stimulatory and Other Biological Potentials. *Frontiers in pharmacology*, 11, 602364. <https://doi.org/10.3389/fphar.2020.602364>

Stamets P, Zwickey H. Medicinal Mushrooms: Ancient Remedies Meet Modern Science. *Integr Med (Encinitas)*. 2014 Feb;13(1):46-7. PMID: 26770081; PMCID: PMC4684114.

Docherty S, Doughty FL, Smith EF. The Acute and Chronic Effects of Lion's Mane Mushroom Supplementation on Cognitive Function, Stress and Mood in Young Adults: A Double-Blind, Parallel Groups, Pilot Study. *Nutrients*. 2023 Nov 20;15(22):4842. doi: 10.3390/nu15224842. PMID: 38004235; PMCID: PMC10675414.

Choi, E., Oh, J., & Sung, G. H. (2020). Beneficial Effect of *Cordyceps militaris* on Exercise Performance via Promoting Cellular Energy Production. *Mycobiology*, 48(6), 512–517. <https://doi.org/10.1080/12298093.2020.1831135>

Manufactured For:

Good Life Pharmacy

125 South 16th St.
Ord, NE 68862
308.728.3295