

Cordyceps



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Ophiocordyceps sinensis (renamed 2007),
Cordyceps sinensis, *Sphaeria sinensis*

Fungus that grows on the larvae of a caterpillar (both included in product)

Traditional healers in Sikkim, India have 21 different uses for cordyceps

Generally known to help with endurance and fatigue

Help maintain blood sugar levels for athletes



Also known as an adrenal adaptogen

Animal study found it lowered high levels of cortisol

Can help with testosterone levels (animal studies)

Support the health of the skin – removing dead or dying cells, age spots and blemishes

Anti-inflammatory

May help the respiratory system



Improves brain function from chronic stress

Helps kidney function (especially renal fibrosis)

Reduces the risk of diabetes II

Has anti-tumour properties and can aid recovery from cancer

Help protect the mucus lining (which protects the intestinal lining and provides a home for good bacteria)



Format

Supplements

Dried powder – dual extraction

Dried powder – hot water extraction

Dried fungus and larvae – whole and ground

Re-hydrate by soaking in room temperature water for 30 minutes

