

Cordyceps Extract 8:1

60 vegetable capsules / Code FE1866



Cordyceps is a supplement consisting of a pure and high strength (8:1) extract of the medicinal fungus *Paecilomyces hepiali*. The extraction method is validated, guaranteeing an extract of 40% polysaccharides providing 20% *beta*-glucans. The mushrooms, which our formulation includes, come from controlled and sustainable cultivation, since they are grown in greenhouses in controlled climatic conditions, free of heavy metals, herbicides and pesticides in order to guarantee the strength and purity of the extract.

Each vegetable capsule contains **500 mg of Cordyceps** in extract form, suitable for vegetarians, vegans, and people with coeliac disease.



FORMAT: 60 vegetable capsules

FORMULA

Ingredients: Cordyceps extract (*Ophiocordyceps sinensis*), anticaking agent: magnesium salts of fatty acids and silicon dioxide, vegetable capsule (glazing agent: hydroxypropylmethylcellulose; purified water).

Nutritional information:

	1 capsule
Cordyceps extract 8:1 (40% polysaccharides providing 20% <i>beta</i> -glucans)	500 mg

Hot water extraction.

Cautions: Consult a health-care practitioner before use if you are pregnant or breast-feeding, if you are treated with medication, especially anticoagulants, or if you have a special medical condition.

Recommended daily dose:

1 capsule daily. Do not exceed the stated recommended daily dose.

Indications and uses:

- As an antioxidant it is helpful for anti-ageing therapies.
 - It increases energetic potential (sports performance, the ability to concentrate and states of convalescence) and sexual function.
 - It has beneficial effects on female fertility and in the prevention of post-menopausal osteoporosis.
 - Diabetes: it increases insulin release.
 - Hepatoprotection: it inhibits hepatic fibrosis and helps re-establish hepatic function in animal studies.
 - Renal protection
 - Immune booster for a variety of imbalances related to viral and bacterial infections, repeated infection and immune deficiency.
 - It can be very supportive in cardiovascular and atherosclerotic as well as respiratory disorders (asthma, bronchitis...).
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DETAILS:

A high-strength supplement based on pure extract (8:1) of the medicinal mushroom *Paecilomyces hepiali*, a variety of *Ophiocordyceps sinensis* (*Cordyceps sinensis*) which is used for industrial fermentation. HPLC analysis has shown that it has the same chemical profile as the traditionally used form ⁽¹⁾.

Cordyceps is a medicinal mushroom that grows in the wild at high altitudes that are free of pollution in the Himalayan mountains and the Tibetan Plateau. It is unique among medicinal mushrooms because it grows within a host, the caterpillar. This parasitic fungus grows on the larva of a moth, *hepialus armoricanus*, absorbing all of its nutrients from the caterpillar's body ⁽¹⁾.

It is highly appreciated in traditional Chinese medicine for its anti-ageing properties and its applications, including the treatment of suprarenal fatigue, respiratory and renal disorders, and improving resistance and libido.

Cordyceps is especially beneficial for hepatic, renal and cardiovascular diseases, as well as immune disorders, and even cancer. This action is mainly caused by active polysaccharides, modified nucleotides and cyclosporine metabolites produced by the fungus. It contains cordycepic acid, glutamic acid, D-mannitol, sterols, B vitamins and up to 20 minerals, among other properties.

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The method of polysaccharide extraction is a critical point that determines the concentration and efficacy of the product. Our extract is obtained through a validated extraction process in hot water which concentrates, guarantees and preserves the active compounds, leading to a higher final concentration of polysaccharides. Mycelium contains polysaccharides that are bound to the cell walls of chitin, which is indigestible in the gastrointestinal tract. Chitin must be dissolved in hot water in order to release the polysaccharides and guarantee a high polysaccharide content as well as greater bioavailability. The extract is standardized to 40% polysaccharide content.

The mushrooms used for our formulation have been cultivated in greenhouses under climate controlled conditions and are free of heavy metals, herbicides and pesticides in order to guarantee the purity and strength of the extract.

INGREDIENTS:

CORDYCEPS: Used in Traditional Chinese Medicine as an aphrodisiac and diuretic, it favours kidney function because of its mannitol content. The antioxidants supplied by this fungus neutralize the free radicals responsible for cell mutation, the cause of the ageing process. By reducing cell damage and acting on collagen, antioxidants help prevent expression lines and wrinkles and preserve a youthful appearance in the skin ^(2,3).

Cordyceps causes an increase in ATP levels in cells and increases aerobic capacity and oxygen use, as well as offering a greater resistance to fatigue. In athletes it improves sports performance upon increasing muscle tissue metabolism. In healthy individuals between 50 and 75 it improves exercise capacity and resistance to fatigue ⁽⁴⁾.

In sedentary people, aerobic capacity is increased ⁽⁵⁾ while in athletes this effect is not noticed since maximum aerobic capacity has already been reached ⁽⁶⁾. It increases the antioxidant capacity of enzymes such as superoxide dismutase, glutathione peroxidase and catalase, providing additional benefits for cardiovascular health in older patients, while its anti-fatigue and anti-stress effect allows for its use in cases of asthenia and depression ⁽²⁾.

This fungus treats hyposexuality, driving sexual desire. It increases libido in both men and women, and increases steroid hormones in urine. One study has shown that cordyceps acts through the sex hormone system by exerting a regulatory effect on reproductive organs, indicating its use for infertility and irregular menstruation by stimulating the production of 17 β -estradiol (oestrogen) ⁽⁸⁾. This effect could be beneficial for the treatment of post-menopausal osteoporosis ⁽⁹⁾. Other studies in animals have shown that it increases male hormone levels and improves the quality and quantity of sperm ⁽⁷⁾.

Cordyceps can also increase insulin release and cellular insulin sensitivity ^(10,11). Cordycepin and its derivatives have an active role in its anti-diabetic action ⁽¹²⁾. Additionally, in animals it has been proven capable of inhibiting hepatic fibrosis and of helping re-establish and improve hepatic function in patients with renal failure ⁽¹³⁾. It protects the kidneys from nephrotoxicity caused by cyclosporine ⁽¹⁴⁾ and gentamicin ⁽¹⁵⁾.

Its nucleosides inhibit viral replication ⁽¹⁹⁾ and its polysaccharides modulate immune response to viral infections ⁽²⁰⁾.

The fungus strengthens the respiratory system and has a mucolytic and cough suppressing function. This makes it valid as a treatment for asthma, chronic bronchitis, respiratory insufficiency, emphysema, tuberculosis and cystic fibrosis ^(16,17).

Research has revealed that it has a regulating effect on blood lipid metabolism, helps control hyperlipidaemia and acts against the formation of atherosclerosis, decreasing triglycerides and increasing HDL cholesterol ⁽¹⁸⁾.

Cordyceps modulates the immune system, preventing organ transplant rejection and protecting against the effects of radiotherapy, particularly on bone marrow and the gastrointestinal system. It carries out an important role in immune modulation by stimulating Th cells, prolonging lymphocyte survival and increasing the production of tumour necrosis factor and interleukin. In vitro evidence shows promising activity for cancer treatment ⁽²¹⁻²⁴⁾. It aids recovery from Taxol-induced leukopenia in mice. ⁽²⁵⁾ It also offers protection against radiotherapy-induced damage to bone marrow and intestinal tissue in mice ⁽²⁶⁾.

The effective dose was 3-6 g/day for most conditions. Doses of up to 50 g/day have been used with good results in cancer ⁽²⁷⁾. It improves survival in patients with hepatocellular carcinoma ⁽²⁸⁾.

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