





What is **Cordyceps?**

Cordyceps is a genus of parasitic fungi that grows on the larvae of insects. When these fungi attack their host, they replace its tissue and sprout long, slender stems that grow outside the host's body. The remains of the insect and fungi have been hand-collected, dried and used in Traditional Chinese Medicine for centuries.

Cordyceps Health & Wellness Benefits



Boosts exercise performance

Increases adenosine triphosphate (ATP), which is essential for delivering energy to the muscles. This improves the way your body uses oxygen, especially during exercise.



Inhibits cancer growth

May inhibit growth of many types of human cancer cells, including lung, colon, skin and liver cancers. May help reduce complications associated with some cancer treatments.



Enhances heart health

May benefit heart health by helping prevent arrhythmias and lowering levels of triglycerides and "bad" LDL cholesterol.



Helps manage type 2 diabetes

Contains a special type of sugar that may help treat diabetes by mimicking the action of insulin. May also protect against kidney disease, a common complication of diabetes.



Benefits of anti-aging

Antioxidant properties reduce fatigue, improves memory, and boosts strength and sex drive.



Additional **benefits**

- Helps fight inflammation
- Prevents high blood pressure
- Aids post work-out recovery
- Supports immune function