

Cordyceps

200mg of cultured cordyceps mycelium and 250mg of cordyceps fruiting body per capsule to provide support for exercise performance, kidney health, metabolic function and healthy aging

GMO Free

Gluten Free

Dairy Free

Soy Free

Vegan



- 200mg of cultured cordyceps mycelium and 250mg of cordyceps fruiting body extract per capsule to provide biological activity from the entire mushroom, including the unique active ingredients known as hericenones and erinacines
- Cordyceps is indicated to support exercise performance, kidney health, metabolic function and healthy aging

Medicinal mushrooms have been used in traditional medicine for thousands of years and have gained popularity in recent decades as a natural health supplement in North America. In general, the active ingredients in medicinal mushrooms are known for their adaptogenic, antioxidant and immune supporting actions. That being said, each species has been found to target different health concerns depending on the unique blend of beta-glucans, triterpenoids, ergosterols and other active compounds.

Cordyceps militaris, familiarly known as cordyceps, has a long history of use in Traditional Chinese Medicine for supporting energy due to its ability to increase 'Qi' and regulate kidney function. Interestingly, studies have confirmed that cordyceps

can protect the kidneys from toxic drugs and lower creatinine levels in cases of chronic kidney disease. More recent studies have explored cordyceps for its use in exercise performance, muscle recovery and low libido in elderly individuals.

Human clinical studies have shown that supplementation with cordyceps improves VO2 Max during intensive exercise in non-trained athletes after just 4 weeks. It is believed this benefit occurs because cordyceps increases ATP production and reduces inflammation, allowing for better exercise performance.

Animal studies have found that cordyceps may play a role in healthy aging. For example, supplementation with cordyceps has extended the lifespan of mice and fruit flies, improved memory, improved sexual function and also increased antioxidant status in aged mice. In addition, a number of animal studies have found that cordyceps' anti-inflammatory and antioxidant actions may have a positive effect on metabolic function by regulating lipid levels, improving insulin resistance and supporting healthy weight.

Cyto-Matrix **Cordyceps** provides 200mg of cultured cordyceps mycelium and 250mg of cordyceps

fruiting body extract per capsule to offer health benefits from the entire mushroom. The fruiting body is the reproductive structure of the mushroom, whereas the mycelium is the vegetative body of the mushroom. Although both the fruiting body and the mycelium perform different functions and have different structures, both contain biologically active compounds.

Cyto-Matrix offers a number of encapsulated mushroom formulas as well as a powdered mushroom blend, **Mycelium Matrix**, to provide practitioners and patients with targeted therapeutic options. All of Cyto-Matrix encapsulated mushroom products include a blend of both fruiting body extracts and mycelia from leading industry suppliers to ensure the highest quality and delivery of active ingredients. Specifically, the fruiting body extraction utilizes the industry standard of high performance liquid chromatography- ultraviolet (HPLC-UV) for identification and processing. The mycelia are grown in an environmentally conscious practice on certified organic, gluten-free, whole grain oats.

Each vegetable capsule contains

<i>Cordyceps militaris</i>	250mg
(fruiting body, <i>Cordyceps militaris</i>) 8:1 extract equivalent to 2000mg of dry fruiting body*	
<i>Cordyceps</i>	200mg
(stroma, <i>Ophiocordyceps sinensis</i>)	

* Hot water and alcohol extract / *Extrait à l'alcool et à l'eau chaude

Non-Medicinal Ingredients

Acacia gum, hypromellose, magnesium stearate.

Recommended Use Claim

Source of fungal polysaccharides with immunomodulating properties.

Directions of Use

Adults (18 years and older) - Take 1 capsule per day.

Cautions and Warnings

Consult a healthcare professional prior to use if • you are pregnant • you are breastfeeding. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.