

# Cordyceps

*Cordyceps sinensis* or *militaris*



- Medicinal Uses** Cordyceps is the energy mushroom. It provides the body with a super bioavailable compound known as cordycepin. Cordycepin is almost molecularly identical to adenosine triphosphate (ATP), which is the currency of our cellular energy. It has beneficial effects on fertility, athletic performance, diabetes, lung function, liver disorders and kidney support
- Also known as** Yartsa gunbu, Tochukas, Dong Chong Xia Cao, Caterpillar Fungus
- Habitat & season** Grows on the larvae of caterpillars in the Tibet Plateau and the Himalayas. Commercially cultivated on non-insect, grain-based substrates
- Identification features** Dark brown to black or orange red stalk-like structures, a few cms long. The elongated fruiting body, known as ascocarp bears many small, flask-shaped perithecia containing asci, the spore sacks
- Interesting** Wild Cordyceps are the most expensive known fungi and in some places can reach \$50,000 a pound. Can be a source of annual income for a whole village when in season. Also a prized aphrodisiac
- Available in**
- Personal blends for patients requiring extra help with energy to address certain health conditions
  - Functional blend: Happy Hormones, Smooth Moves
  - Dispensary powders and Tinctures

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## Research

Van de Walle, 2018. 6 Benefits of Cordyceps, All Backed by Science

Won et al, 2016. Anti-inflammatory and related pharmacological activities of cultured mycelia and fruiting bodies of Cordyceps

Kusama et al, 2021. Cordyceps militaris Fruit Body Extract Decreases Testosterone Catabolism and Testosterone-Stimulated Prostate Hypertrophy