

Cordyceps® Cs-4® Stamina Boost

PROMOTES VITALITY AND STAMINA

DIETARY SUPPLEMENT AUST L 70792



Positioning Statement

Cordyceps® Cs-4® is a proprietary, standardised extract of *Cordyceps sinensis* mushroom to promote stamina and vitality while reducing fatigue.

Concept

The mushroom *Cordyceps sinensis*, which produces the proprietary active ingredient in Cordyceps® Cs-4®, has a rich, two thousand year history. For generations, *Cordyceps sinensis* has been considered the premier agent in the Chinese culture for restoring energy, promoting longevity and improving the quality of life. This natural material is extremely rare. The mushroom grows primarily on the Tibetan plateau at altitudes above 4,200 metres and takes five to seven years to complete its life cycle and produce the natural product. Due to the scarcity and high price of *Cordyceps sinensis*, its use was reserved exclusively for the Emperor's Palace. For two thousand years, *Cordyceps sinensis* was virtually unknown in the Western world.

Our exclusive Cordyceps® Cs-4® formula is recognised in China as the fermented cordyceps mushroom product, offering health benefits most comparable to the rare and protected wild mushroom of the Tibetan high plateau. Over 15 years of extensive scientific research resulted in this Cs-4® strain. In fact, Cordyceps® Cs-4® has been placed under intellectual property protection and boasts the only strain recognised by the Chinese government. Cordyceps® Cs-4® is manufactured according to the Pharmanex® 6S Quality Process and is standardised by HPLC (High Performance Liquid Chromatography) to guarantee potency and consistent results by supplying minimum levels of 0.14% adenosine. An additional test method is used to standardise to $\leq 6\%$ mannitol, which is an indicator of polysaccharide content.

Primary Benefits

- Promotes vitality and stamina without stimulants
- Reduces fatigue
- Increases endurance
- Increases the oxygen uptake capacity and efficient utilisation of oxygen
- Relieves of symptoms of mild upper respiratory infections
- Temporary relieves of cough due to bronchial congestion or irritation*
- Elevates energy states in organs
- Improves blood flow to essential organs
- Modulates immune function
- Helps optimise endocrine system
- Reduces oxidative stress by increasing antioxidant enzymes
- Provides a positive benefit for sexual health

What Makes This Product Unique?

- Proprietary cultivation and extraction processes
- Highest concentration of active constituents available
- Clinically proven to be effective in healthy adults, the elderly, the active, and sedentary individuals
- Most closely resembles the wild Tibetan strain used in traditional Chinese medicine
- Stimulant-free

Who Should Use This Product?

Cordyceps® Cs-4® is designed for use by persons with busy, hectic lifestyles, athletes, the elderly, and those desiring increased vitality without the use of stimulants.

Did You Know?

- In ancient China, use of *Cordyceps sinensis* was reserved exclusively for the Emperor's Palace
- Traditionally, *Cordyceps sinensis* was so rare it was worth more than four times its weight in silver

Cordyceps® Cs-4®

- Cordyceps is also called “caterpillar fungus” because the fungus grows in moth larvae producing a caterpillar-shaped mushroom
- Cordyceps became popular when record-breaking performances by Chinese Olympic athletes was attributed to their use of *Cordyceps sinensis* supplements.

Frequently Asked Questions

How does Cordyceps® Cs-4® work?

Numerous scientific studies suggest that Cordyceps® Cs-4® can promote natural vitality through its ability to enhance lung function and increase the body’s resistance to daily environmental and occupational stresses.

Why is Cordyceps® Cs-4® unique?

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Is Cordyceps® Cs-4® stimulant-free?

Yes, it is stimulant free because the energetic effects of the product are due to mechanisms other than a true stimulation of the central nervous system as from caffeine and ephedrine. Cordyceps increases energy levels via positive effects on oxygen metabolism, while stimulating supplements, like ginseng, most likely exert their effects via adrenal metabolism.

How are the ingredients in Cordyceps® Cs-4® standardised?

Each 525 mg capsule of proprietary Cordyceps® Cs-4® is standardised by HPLC to guarantee potency and consistent results by supplying minimum levels of 0.14% adenosine. An additional test method is used to standardise to ≤6% mannitol, which is an indicator of polysaccharide content.

Is there anyone who should not use Cordyceps® Cs-4®?

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication consult a doctor prior to use.

Is this product safe?

Cordyceps® Cs-4® is safe at recommended dosages. In 1987, Cordyceps® Cs-4® was the first “Class One” Traditional Chinese Medicine approved by the Chinese Ministry of Health. “Class One” Traditional Chinese Medicines are rigorously evaluated for safety and efficacy in pharmacology, toxicology, and clinical trials.

Key Scientific Studies

1. Nicodemus KJ, Hagan RD, Zhu J, Baker C. Supplementation with Cordyceps Cs-4 fermentation product promotes fat metabolism during prolonged exercise. *Medicine and Science in Sports and Exercise*, 2001; 33:S 164 (Abstract).
2. Talbott SM, Zhu JS, Rippe JM. CordyMax® Cs-4® enhances endurance in sedentary individuals. *Med Sci Sports Exerc*, 2001; 33 (Abstract).
3. Zhu J, Yin W, Nicodemus K, et al. CordyMax® Cs-4® improves glucose metabolism. *FASEB J*, 2001; 15.
4. Zhu, J. S., Pei, Y., Xu, Z., Wang, B., and Rippe, J. CordyMax reduces serum oxidized LDL-cholesterol and increases HDL-cholesterol in humans with reduced HDL-cholesterol. 4-10-2003.
5. Zhu, JS, Rippe, JM. CordyMax enhances aerobic capability, endurance performance, and exercise metabolism in healthy, mid-age to elderly sedentary humans. *FASEB J*, 2004; 18(5): A931.

Supplement Facts

Amount Per Capsule	
Cordyceps sinensis	525mg
(Cordyceps Cs-4 Mushroom Mycelia hyphae powder)	

Other Ingredients: Gelatin, glycerol, water-purified.

Note: Mycelia is the underground portion of mushroom.

Directions For Use

Take two (2) capsules two to three times daily with food and drink.

Packaging

120 capsules (20-30 day supply)

Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a doctor before using this product.

*Warnings: If symptoms and/or coughing persist consult your healthcare practitioner. This product is for adults use only.

