

# CordyMax Cs-4® 蟲草活力素

增強活力 • 消除疲勞 • 促進健康肺功能

Promotes Vitality and Stamina • Reduces Fatigue • Promotes Healthy Lung Function



## 冬蟲夏草的歷史

擁有兩千年悠久歷史的冬蟲夏草是蟲草活力素內獨有活性成分的來源。世代以來，中國人視冬蟲夏草為極之珍貴的補品，具有補氣、添壽和改善身體質素的功效。天然的冬蟲夏草極為罕有。它的主要產地是位於海拔一萬四千呎的西藏高原，整個生命週期約為五至七年，方可萃取出為天然產品。由於冬蟲夏草是稀有及價值昂貴之補品，昔日曾是中國皇室御用珍品。兩千年來，這塊瑰寶並未為西方社會所發現。

## 獨有的 Cs-4 品種

蟲草活力素乃採用先進科技培植的蟲草菌絲體 (*Paecilomyces hepiali* Chen, Cs-4)，透過專有發酵過程製成的標準化天然產品。Cs-4 網狀菌絲體 (藏於地底的部分) 乃萃取自中國青海省的新鮮冬蟲夏草。

## History of *Cordyceps sinensis*

The mushroom *Cordyceps sinensis*, which produces the proprietary active ingredient in CordyMax 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 14,000 feet. It takes five to seven years for the mushroom 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 in China. For two thousand years, *Cordyceps sinensis* was virtually unknown in the Western world.

## Proprietary Cs-4 Strain

CordyMax Cs-4® is a standardized natural product produced by a proprietary fermentation process using an isolated, scientifically-supported strain of mycelia (*Paecilomyces hepiali* Chen, Cs-4). Cs-4 mycelia (the underground portion of the mushroom) is extracted from fresh *Cordyceps sinensis* (Berk) Sacc. collected from Qinghai Province in China.



榮獲台灣 2003年國家生技醫療品質獎

Won Taiwan National Biotechnology & Medical Care Quality Award 2003



獲台灣行政院衛生署頒發健康食品許可證 — 衛署健食字第A00068號，肯定其具有「有助延緩運動時疲勞之產生，並加速運動後體能之恢復」之功效

Received Health Food License (A00068) from Taiwan Department of Health that ensures its benefits of "decrease fatigue while exercise and help recover after exercise"



## 有效成分

每粒 525 毫克的獨有配方蟲草活力素，均經高效液體色譜法進行標準化，提供最少 0.14% 腺苷及5%甘露醇。

## 蟲草活力素的功效

- 增強精力和活力
- 消除疲勞
- 促進健康肺功能

## 適用對象

無論是生活緊張，工作繁忙或希望增強精力和活力的人士，甚至是長者，均可服用本產品。

## 成人用法

每天服用兩至三次，每次兩粒，請隨飲食服用。請定時服用以維持持久效果。

## Active Ingredients

Each 525 mg capsule of proprietary CordyMax Cs-4<sup>®</sup> is standardized by HPLC to guarantee potency and consistent results by supplying minimum levels of 0.14% adenosine and 5% mannitol.

## Benefits of CordyMax Cs-4<sup>®</sup>

- Promotes vitality and stamina
- Reduces fatigue
- Promotes healthy lung function

## Target Customers

CordyMax Cs-4<sup>®</sup> can be used by people with busy and hectic lifestyles and the elderly who desiring greater stamina and vitality levels.

## Directions for Adult Use

Take two capsules two or three times daily with meals. CordyMax Cs-4<sup>®</sup> should be taken regularly for consistent results.

## 蟲草活力素獨特之處

經十五年的生物及臨床研究證明，經過發酵而成的蟲草 Cs-4 品種與天然生長的冬蟲夏草極為相似。蟲草Cs-4 於1987年成為首項榮獲中國衛生局認可的「一級」傳統中藥，經過嚴格的藥理安全和功效檢定、毒理和臨床試驗。1995年，蟲草Cs-4 更獲中國政府確認為受保護的知識產權產品。

## Exclusive of CordyMax Cs-4<sup>®</sup>

Fifteen years of biological and clinical studies confirm that Cs-4 is the fermentation product that most closely resembles the natural product. **In 1987, Cs-4 was the first "Class I" Traditional Chinese Medicines approved by the Chinese Ministry of Health.** "Class I" Traditional Chinese Medicines are rigorously evaluated for safety and efficacy in pharmacology, toxicology and clinical trials. **Cs-4 was also placed under intellectual property protection by the Chinese government in 1995.**



## 科學實證 Scientific Support

### 1 提升運動表現及增強持久力 Enhance Exercise Performance and Capability



2004年於美國生理學會(American Physiological Society)發表，由Pharmanex臨床事務及藥理中心資深總監暨北京臨床事務及藥理研究中心總監朱佳石博士就Pharmanex蟲草活力素所進行之研究再次證實，蟲草活力素能有效提升運動持久力、運動表現及新陳代謝率，以及減輕運動後之疲勞情況。

A study on Pharmanex CordyMax Cs-4<sup>®</sup>, which was conducted by Dr. Jia-Shi Zhu, Senior Director, Clinical Affairs and Pharmacology & Director, Beijing Clinical and Pharmacology Research Center of Pharmanex once again showed that CordyMax Cs-4<sup>®</sup> is effective in enhancing aerobic exercise capability, endurance exercise performance and exercise metabolism and alleviating fatigue in healthy humans.

此項研究已刊登於美國暢銷健康雜誌「預防」(Prevention) 2004年10月號。  
This research is featured in the October 2004 issue of Prevention magazine.

#### 研究方式 Research Method :

研究人員以雙盲及對照組形式，讓131名年齡介乎40至70歲之人士，分別於12星期內服用蟲草活力素及安慰劑。

The study was performed as a double-blinded clinical trial, which have 131 volunteers (aged 40 to 70) either took CordyMax Cs-4<sup>®</sup> or placebo for 12 weeks.

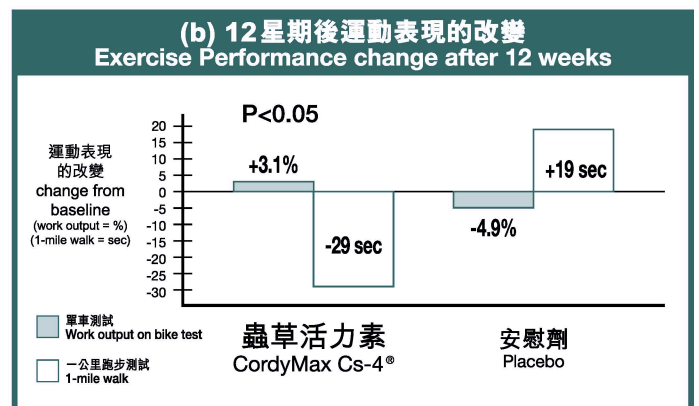
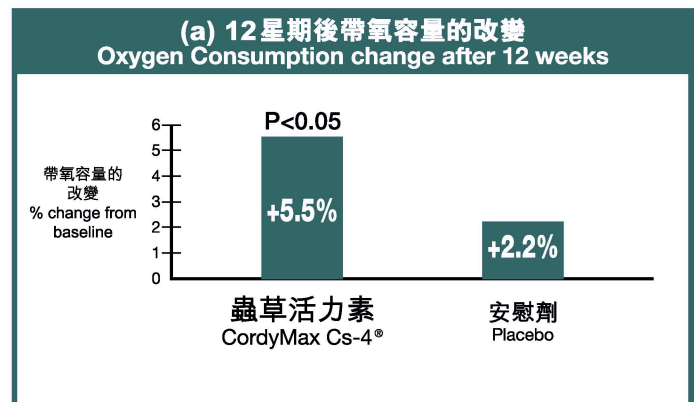
#### 研究結果 Results :

(a) 測試顯示，服用蟲草活力素能提升帶氧容量高達5.5%，帶氧容量越高，表示肺功能越強。

Result showed that subjects who took CordyMax Cs-4<sup>®</sup> increased oxygen consumption by 5.5%. Increased oxygen consumption means better lung functions.

(b) 測試者服用蟲草活力素12星期後，步行1公里所需之時間減少了29秒，運動量更增加3.1%。運動量比率越高，表示測試者的運動持久力越佳。

Subjects who took CordyMax Cs-4<sup>®</sup> during the 12-week trial significantly reduced the time to complete a 1-mile walk by 29 seconds and increased the work output by 3.1%. Higher the work output represents better the endurance performance.



#### Reference:

Jia-Shi Zhu, M.D., Ph.D. and James M. Rippe, M.D. Pharmanex, Provo, UT and Rippe Lifestyle Institute, Shrewsbury, MA



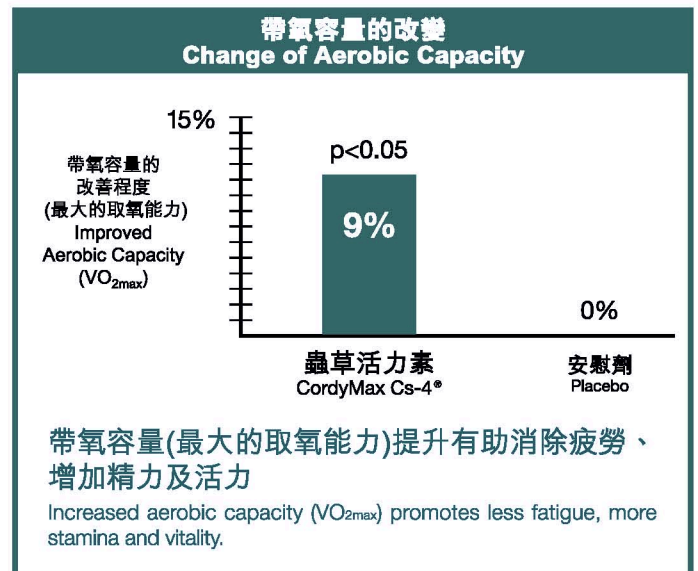
## 2 促進健康肺功能 Promotes Healthy Lung Function

一項以30位健康成年中國長者的研究指出，蟲草活力素能增加最大帶氧容量 (VO<sub>2max</sub>) 達 9%。這帶氧容量的升幅代表當你作一些動作如攀爬樓梯時，不易感到氣速。而進行日常活動時亦會感到精力充沛。

A clinical study on 30 healthy, elderly Chinese subjects suggests that CordyMax Cs-4® improves aerobic capacity (VO<sub>2max</sub>) by about 9%. This impressive increase means you won't feel short of breath when doing things like climbing stairs. You will have more stamina and vitality to carry out your daily activities.

### Reference:

Xiao Y, Huang XZ, Chen G, Wang MB, Zhu JS, Cooper CB. Increased aerobic capacity in healthy elderly humans given a fermentation product of Cordyceps Cs-4. *Medicine & Science in Sports & Exercise* 1999 (supp); 31(5): S174. Presented June 1999, 46<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Seattle Washington.



## 3 增強身體機能及改善體質 Enhances Physiological Function and Improve Human Health

一項有關蟲草活力素之臨床研究，就66位健康成年長者連續3個月，每天服用3克蟲草活力素，證實蟲草活力素能增加紅血球SOD活性，有效中和自由基，減少自由基破壞身體細胞，從而改善體質。

### 研究結果：

1. 紅血球SOD\*活性增加16%
2. 血漿中的自由基減少34%
3. 92%長者覺得有較好的體能
4. 89%長者對寒冷有較高的耐受力

\*SOD酵素是體內自行合成的抗氧化酵素有效抵抗自由基，被認為是維持身體健康相當重要的酵素。此酵素會隨著年齡增加而在體內合成的數量越來越少，或因環境、飲食不良的影響，也會導致活性下降，使人體容易出現免疫力差、加速老化及引發慢性疾病。

A clinical study of CordyMax Cs-4® was tested on 66 healthy elderly who are assigned to take 3 grams of CordyMax Cs-4® per day for 3 months. It proved that CordyMax Cs-4® can increase red blood cell SOD activity, neutralize free radicals and reduce cellular damage caused by free radicals in order to improve human health.

### Results :

1. Red blood cell SOD\* activity increases 16%.
2. Free radicals in blood plasma decrease 34%.
3. 92% elderly subjects feel that there is an improvement on physiological function.
4. 89% elderly subjects have better tolerance in cold environment.

\*SOD enzyme is an intrinsic antioxidant enzyme which can neutralize free radicals. It is recognized as an important enzyme to maintain our health. The number of SOD enzyme produce in our body decrease as our age increase or decrease its activity caused by undesirable environment, unbalanced diet. These will weaken the immune system, accelerate aging process and cause chronic diseases.

### Reference:

Therapeutic Effect Analysis of JinShuiBao capsule In Treatment of 33 Elderly Senescent Xu-Zheng (Asthenia syndrome) Patients. Jiangxi Medical College Affiliated The Second Hospital. *Journal of Applied TCM*, 1993, 1:32-33

## 4 促進心血管健康 Promotes Cardiovascular Health

Pharmanex一項有關蟲草活力素之研究，首次發現蘊含於蟲草活力素中一種獨特之冬蟲夏蟲品種，證實具有保護心血管之效能。此項研究成果更於美國心臟協會中關注心血管及中風之環節中發表，成為首個於此協會發表有關冬蟲夏蟲之研究。

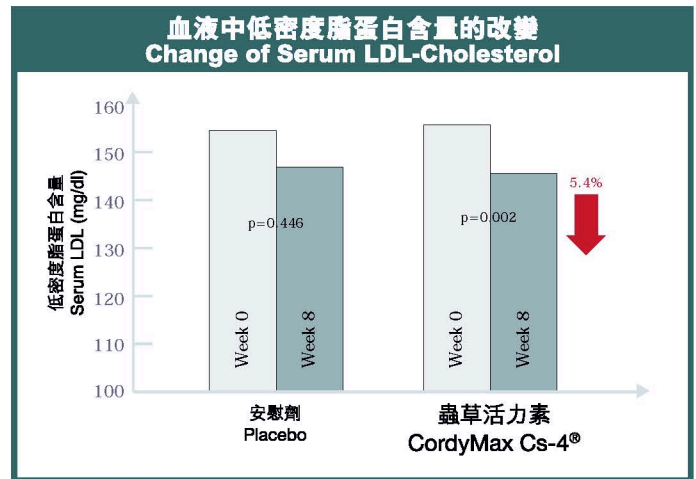
### 研究結果 Results :

#### 1. 有效降低血液中的低密度脂蛋白 (壞膽固醇) 水平 Reduction of Serum LDL-Cholesterol Level

研究結果顯示，測試者服用蟲草活力素8星期後，血液中低密度脂蛋白 (壞膽固醇)水平下降5.4%，有效避免壞膽固醇積聚於血管內壁中，從而減低患上血管硬化、心臟病及中風的機會。

Study shows that the serum LDL cholesterol level decrease up to 5.4% after taking CordyMax Cs-4<sup>®</sup> for 8 weeks. It can avoid LDL cholesterol build up in the inner wall of the arteries in order to reduce the risk of atherosclerosis, heart disease and stroke.

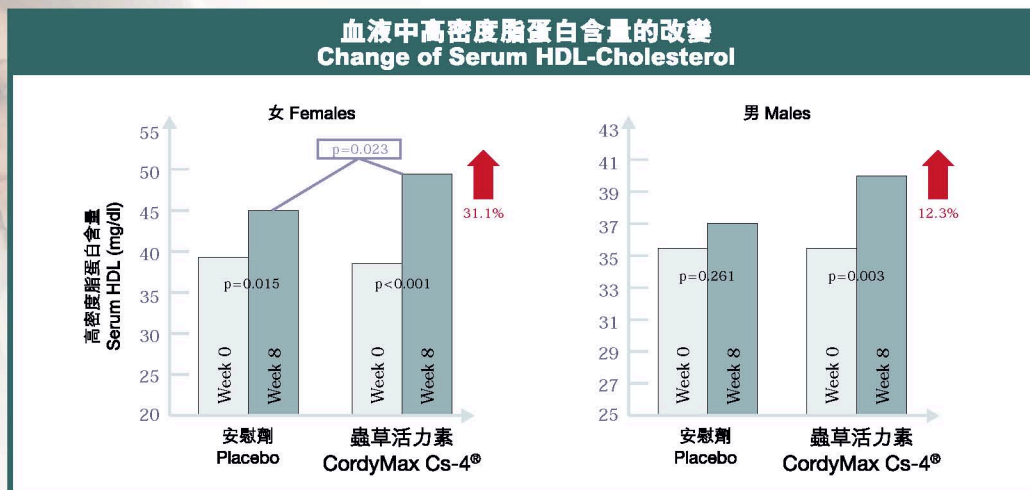
Pharmanex has conducted a research which showed that a unique strain of the *Cordyceps sinensis* mushroom found in the company CordyMax Cs-4<sup>®</sup> product has scientifically proven cardiovascular benefits. This study has presented at the American Heart Association (AHA) scientific sessions devoted to cardiovascular diseases and stroke. It was also the first study on *Cordyceps sinensis* to be presented at the annual AHA meeting.



#### 2. 增加血液中的高密度脂蛋白 (好膽固醇) 水平 Increase in Serum HDL-Cholesterol Level

研究結果顯示，測試者服用蟲草活力素8星期後，血液中高密度脂蛋白 (好膽固醇) 水平均有顯著提升。好膽固醇能幫助收集及運送血管的壞膽固醇到肝臟，避免血管閉塞，有效預防心臟病。

Study shows that the serum HDL cholesterol level increase significantly after taking CordyMax Cs-4<sup>®</sup> for 8 weeks. HDL cholesterol tends to carry LDL cholesterol away from arteries and back to liver. It can prevent cholesterol accumulate in arteries and protect against heart disease.



#### Reference:

Jia-Shi Zhu, Ying Pei, Zhi-Biao Xu, Bao-En Wang, James Rippe, Pharmanex Clinical Center, Provo, UT; Beijing Friendship Hospital and Beijing Association for Medico-Pharmaceutical Research & Development; and Rippe Lifestyle Institute, Shrewbury, MA



## 常問問題

### 1. 蟲草活力素是怎樣製成的？

蟲草活力素是經標準化的天然產品，採用專有發酵程序，從一種經科學認證的分離網狀菌絲體提煉而成。Cs-4 網狀菌絲體乃萃取自中國青海省採摘的新鮮冬蟲夏草。

### 2. 需要服用多久才能感受蟲草活力素的益處呢？

蟲草活力素必須長期服用，才能達到持久的功效。服用1星期後可能已出現輕微效果，至於顯著的成效則多會在3至6星期後出現。

### 3. 蟲草活力素是否不含有刺激物？

蟲草活力素絕不含刺激物。配方透過提昇身體氧氣新陳代謝率及改善身體機能，從而增加身體活力及精力。而並不像一般刺激物，如：咖啡因及麻黃素，透過刺激中央神經系統增加身體活力及精力。

## Frequently Asked Questions

### 1. How is CordyMax Cs-4® produced?

CordyMax Cs-4® is a standardized natural product produced through a proprietary fermentation process using an isolated, scientifically-supported strain of mycelia. Cs-4 mycelia is extracted from fresh *Cordyceps sinensis* (Berk.) Sacc. collected from Qinghai Province, China.

### 2. How long will it take before I feel the health benefit effects of supplementation with CordyMax Cs-4®?

CordyMax Cs-4® should be taken regularly for consistent results. Mild effects may be evident within one week, while significant effects may take 3 to 6 weeks to become evident.

### 3. Is CordyMax Cs-4® stimulant free?

Yes, CordyMax Cs-4® is stimulant free. CordyMax Cs-4® can promote vitality and energy level via the positive effects on oxygen metabolism and improve the physiological mechanism. It is different from stimulants like caffeine and ephedrine stimulate the central nervous system.



#### Pharmanex 「6S 品質保證措施」

Pharmanex 的業務宗旨是將源遠流長的傳統配方，製成具有已知成分和效力一致的天然草本保健品。Pharmanex 「6S 品質保證措施」則是達到該目標的保證。

#### The Pharmanex "6S Quality Process"

Central to the Pharmanex mission of transforming time-honored, traditional preparations into health promoting botanical products with known content and consistent activity is the Pharmanex 6S Quality Process™.

精選 來源 結構 標準化 安全性 實證

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To learn more about the Pharmanex natural healthcare products, contact your Pharmanex Distributors, or call Business Support Hotline at 2837 7500.

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