

CordyMax® Cs-4® Stamina Boost*

PROMOTES VITALITY AND STAMINA*



Positioning Statement

CordyMax® Cs-4® is a proprietary, standardized 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 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 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 CordyMax® Cs-4® formula is recognized 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, CordyMax® Cs-4® has been placed under intellectual property protection and boasts the only strain recognized by the Chinese government. CordyMax® Cs-4® is manufactured according to the Pharmanex® 6S Quality Process and is standardized by HPLC to guarantee potency and consistent results by supplying minimum levels of 0.14% adenosine. An additional test method is used to standardize to ≤6% mannitol, which is an indicator of polysaccharide content.

Primary Benefits

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

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 wild Tibetan strain used anciently in traditional Chinese medicine
- Stimulant-free

Who Should Use This Product?

CordyMax® 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 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

CordyMax® Cs-4®

Frequently Asked Questions

How does CordyMax® Cs-4® work?

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

Why is CordyMax® Cs-4® unique?

Our exclusive CordyMax® Cs-4® formula is recognized 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, CordyMax® Cs-4® has been placed under intellectual property protection. CordyMax® Cs-4® is manufactured according to the 6S Quality Process.

Is CordyMax® 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 CordyMax® Cs-4® standardized?

Each 525 mg capsule of proprietary CordyMax® Cs-4® is standardized by HPLC to guarantee potency and consistent results by supplying minimum levels of 0.14% adenosine. An additional test method is used to standardize to $\leq 6\%$ mannitol, which is an indicator of polysaccharide content.

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

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

Is this product safe?

CordyMax® Cs-4® appears to be safe at recommended dosages. In 1987, CordyMax® 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

Serving Size Two Capsules

Servings Per Container 60

Amount Per Serving		%Daily Value*
Cordyceps Cs-4 Mushroom Mycelia (Cordyceps sinensis [Berk.] Sacc.)	1050 mg	*

*Daily Value not established.

Other Ingredients: Gelatin.

Note: Mycelia is the underground portion of mushroom.

Directions For Use

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

Warnings

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

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

