



NATURE'S SUNSHINE

Cordyceps

GOOD FOR

Endocrine System

Respiratory System

Urinary System

SIZE **90 Capsules**

ITEM # **1240**

SERVING **2-3**

SUPPLY **10-15 days**

DIRECTIONS FOR USE Take two or three capsules with a meal three times daily. Store in a cool, dry place.

— How the Key Ingredients Work

Cordyceps is a time-honored mushroom used for centuries in Traditional Chinese Medicine to support energy, stamina, and overall vitality. This formula brings together the most studied Cordyceps species and their key compounds to help your body feel its best every day.

Cordyceps sinensis — The original 'caterpillar fungus' prized in Traditional Chinese Medicine for generations, Cordyceps sinensis has been used as a tonic to support energy, reduce fatigue, and promote healthy sexual function. It is one of the most researched medicinal mushrooms in the world, valued for its wide-ranging support of overall wellness.

Cordyceps militaris — Closely related to Cordyceps sinensis, Cordyceps militaris is the species most studied for athletic performance. Research including a randomized controlled trial found it helped people better tolerate high-intensity exercise, supporting endurance and aerobic capacity — great news for anyone who wants to feel stronger and go longer.

Cordycepin — Cordycepin is one of the standout natural compounds found in Cordyceps. Preclinical studies suggest it may help support healthy testosterone levels and testicular function as men age, making it a key reason Cordyceps has long been considered a traditional male vitality tonic in Eastern wellness practices.

Cordyceps Polysaccharides — Polysaccharides are natural carbohydrate compounds found abundantly in Cordyceps. They contribute to the mushroom's antioxidant activity, helping the body neutralize harmful free radicals. Studies show these compounds support the body's natural defenses and play a role in the overall protective properties of Cordyceps extracts.

Cordyceps Nucleosides — Nucleosides, including adenosine-related compounds naturally present in Cordyceps, are believed to contribute to the mushroom's support of respiratory health. Traditional Chinese Medicine has long used Cordyceps for breathing comfort, and modern research points to these compounds as part of why Cordyceps may help support healthy airways and lung function.

Phenols & Flavonoids — Cordyceps extracts are naturally rich in phenols and flavonoids — plant-based compounds well known for their ability to fight oxidative stress. These antioxidant molecules help protect the body's cells from everyday wear and tear, supporting long-term wellness and helping the body maintain its natural balance.

CS-4 Extract (Fermented Cordyceps) — CS-4 is a carefully cultivated, fermented form of Cordyceps sinensis that has been used in clinical research on energy and aerobic performance. Because wild Cordyceps sinensis is rare and expensive, CS-4 provides a reliable, consistent source of the mushroom's beneficial compounds, making the benefits of Cordyceps more accessible to everyone.

Antioxidant Support Complex — Cordyceps militaris extract has been shown in laboratory and animal studies to raise levels of glutathione — one of the body's most important natural antioxidants — while also reducing lipid peroxides, which are markers of oxidative stress. This internal antioxidant support helps protect cells and tissues from daily environmental challenges.

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