

Therapeutic Actions

1. Improves lung function, and addresses such conditions as asthma, wheezing, chronic cough, and chronic obstructive pulmonary disease
2. May be useful for arrhythmia, heart failure, pulmonary heart disease, hyperlipidemia, cirrhosis, hepatitis, male impotence, chronic fatigue syndrome, drug toxicity (cyclosporine), chemotherapy, and radiotherapy
3. Acts as a general tonifying agent. Cordyceps strengthens resistance to disease, boosts the immune system, and enhances athletic performance

Chinese Therapeutic Effects

Tonifies kidney yang

Nourishes lung yin

Strengthens protective qi

Stops cough and transforms phlegm

Administration

Internal: 2 tablets BID to TID, with or between meals

50 tablets, 500mg, 12 day supply

Contraindications: If gas and bloating are seen, take with meals.

Ingredients

Cordyceps fruiting body (500mg)
dong chong xia cao

Formula Rationale

Cordyceps, also known as caterpillar fungus, is an ancient Chinese tonic. In more recent years, it is credited for helping improve the performance of Chinese athletes in international competitions. Laboratory research has found that extractions of Cordyceps inhibit growth of microorganisms such as *Mycobacterium tuberculosis*, pneumococcus, and various disease causing fungi. Other studies have shown that Cordyceps has a marked bronchodilation effect and is able to increase the effects of adrenaline.

Chinese research indicates that Cordyceps may be useful for many conditions such as arrhythmia, heart failure, pulmonary heart disease, hyperlipidemia, cirrhosis, hepatitis, male impotence, chronic fatigue syndrome, drug toxicity (cyclosporine), chemotherapy, and radiotherapy.

In terms of Chinese medicine, Cordyceps is said to enter the lung and kidney channels. The traditional functions of Cordyceps include treating tuberculosis, deficiency-type cough, impotence, spermatorrheas, post-illness deficiency and weakness, spontaneous sweating, anemia. Additionally, it is a strong general tonifier and is used for health maintenance and disease prevention.

Cordyceps PS is processed using a full spectrum extract yielding 6% cordycepic acid.

Additional Formulas

- Cordyceps PS can be combined with **Quiet Digestion** (1 to 2 tablets BID to TID) or **Chzyme** (1 to 2 tablets BID to TID) if intestinal gas or bloating is noticed
- For spleen deficiency, consider combining Cordyceps with **Six Gentlemen** (3 tablets TID)