

Cordyceps

Cordyceps improves sexual function

Cordyceps is used to improve male sexual function due to the effect of cordycepin on Leydig cells, stimulating the production of testosterone (2).

In this study carried out in Leydig cells treated with different concentrations of cordycepin, it was observed that testosterone production increases considerably compared to the control group (2,3).



Cordyceps is one of the most popular natural remedies in traditional Asian medicine that has been used for years for its many health benefits. Among its components, cordycepin stands out.

Principal effects

- Anti-aging
- Increases ATP availability: ideal for increasing energy when doing sports.
- Beneficial to treat genito-urinary problems
- Sexual dysfunction and fertility
- Benefits to the cardiovascular system
- Respiratory system: it has been shown to be useful in the treatment of acute respiratory syndrome.
- Antidepressant
- Antiviral

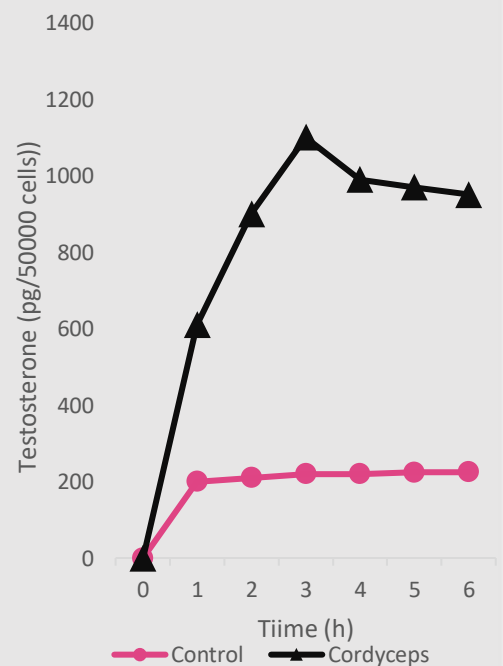


Figure 1. Variation in testosterone production by Leydig cells when treated with cordycepin.

Fertility improvement

The effect of cordyceps is not only limited to increasing testosterone levels, but other studies have also suggested that cordycepin improves sexual function, supports the treatment of erectile dysfunction (ED) and acts as a pro-sexual agent. Cordycepin supplementation has also been shown to improve sperm quality and quantity in animal studies (4).

In this in vivo study, animals with age-related symptoms of sexual dysfunction were treated with different doses of cordycepin (5, 10 and 20 mg / kg of body weight). The results obtained in terms of sperm production and mobility showed a clear improvement (Figure 2) (4).

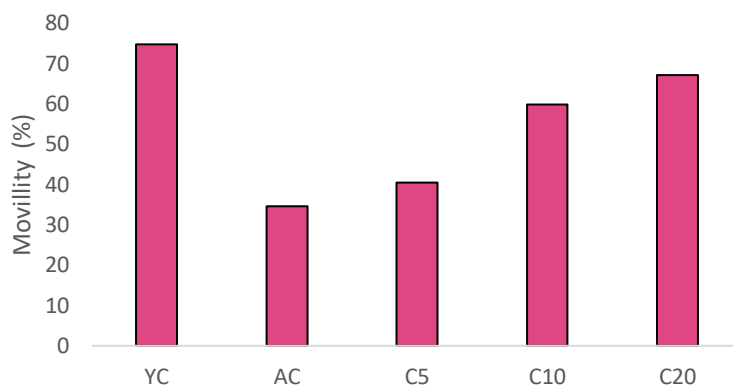


Figure 2. Percentage of sperm motility in control groups (YC = young animals, AC = aged animals) and groups treated with 5, 10 and 20 mg / kg of cordycepin.

Other beneficial components

- Cordycepic acid
- Galactomannan
- Mannitol
- Ergosterol (precursor of vitamin D)
- Adenosine
- Cordycepin
- Essential amino acids
- Vitamins (B1, B2 and B12, E and K)
- Minerals (Na, K, Ca, Mg, Fe, Cu, Mn, Zn, Se, Al, Si and Ni)

Literature

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