Doctor's BEST® Science-Based Nutrition

Ultra Cordyceps & Ultra Cordyceps Plus

Ultra Cordyceps Plus

60 Capsules

Ingredients per capsule:
Cordyceps sinensis (mycelium) .....750 mg
supplying: 8% cordycepic acid (60mg),
0.27% adenosine (2mg)
Ginkgo biloba extract (leaf).....30mg
supplying: 24% flavonglycosides (7mg)
6% terpene lactones (2mg)
Artichoke extract (leaf) 30mg
supplying: 2-5% cynarin (1-2mg)
Excipients: gelatin capsule; contains no excipients or additives.
Suggested Adult Use: Take four capsules daily with food.

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Note: Cordyceps and Ginkgo biloba have mild blood-thinning properties. Use with caution when taking anti-coagulant (blood-thinning) medications. Use with caution when taking MAO inhibitors.

Ingredients

Cordyceps sinesis

Ultra Cordyceps contains a strain of pure cultivated Cordyceps sinensis recognized by the Chinese government as very similar to wild Cordyceps sinensis. Highly valued in China as a food and tonic herb, wild Cordyceps is a black, blade-shaped fungus found mainly above 13,000 feet in a mountainous region of China known as the Qinghai-Tibetan Highlands. Also called "Chinese caterpillar fungus," wild Cordyceps grows on, and derives nutrients from, several species of caterpillars. Because wild Cordyceps is rare and difficult to harvest, due to its harsh growing environment, efforts have been made to cultivate Cordyceps mycelia for commercial application. Ultra Cordyceps contains an award-winning strain of cultivated Cordyceps mycelia standardized by HPLC for consistent potency. It contains a minimum level of 8% cordycepic acid, a polysaccharide considered to be the major active component. Cordyceps contains many other ingredients, including proteins, peptides, polysaccharides, nucleic acids such as adenosine, fatty acids, sterols, vitamins and minerals.

Ginkgo biloba extract

Ginkgo biloba extract is derived from the Ginkgo biloba leaf. Considered to be the oldest living plant species, Ginkgo is a large tree that has thrived on the earth since before the last Ice Age. Ginkgo leaves contain flavonoid-like substances called "flavonglycosides," which, along with other constituents known as "terpene lactones," give Ginkgo its beneficial properties. The Ginkgo biloba extract in Ultra Cordyceps is guaranteed to contain no less than 24% flavonglycosides and 6% terpene lactones.

Artichoke leaf extract

Artichoke leaf contains various organic acids, including cynarin. The artichoke leaf extract in Ultra Cordyceps supplies 2% to 5% cynarin.

Benefits

- Boosts energy and stamina*
- Improves general vitality*
- Supports sexual health*
- Promotes memory and mental function*
- Benefits the heart*
- Supports the lungs and improves respiratory function*
- Benefits the kidneys and liver*
- Supports the immune system*
- Scavenges free radicals (antioxidant)*

Cordyceps-History and Science

The historical use of Cordyceps as an anti-aging herb in traditional Chinese medicine (TCM) dates back to 1700 BCE. During China's Chin Dynasty, one emperor is said to have paid an ounce of gold for a mere three days supply of the precious fungus. Tibetan scholars wrote detailed descriptions of Cordyceps in 15th and 18th century texts. Cordyceps was introduced to Europe at a scientific meeting in Paris in 1726, and first imported to Japan in 1728.

The traditional uses of Cordyceps include improving circulation, function of the lungs, heart, kidneys and liver. Cordyceps was also used to boost general vitality, increase longevity and improve sexual health.[1] Cordyceps is known as a tonic for the "kidney," which includes the reproductive system in traditional Chinese medicine. Cordyceps promotes both the "yin and yang" function of the body, thus it has a very balancing, normalizing effect on many aspects of human physiology.[2]

Commercial cultivation of Cordyceps sinensis began in the early 1980s, making the herb readily available for clinical research. More than 2000 patients have been enrolled in trials in China. The results of this research show that cultivated Cordyceps has the same effects as wild Cordyceps on energy, vitality and numerous other parameters of health.

Pre-clinical Animals Studies: Higher Biochemical Energy Levels; more Efficient Use of Oxygen

Animal experiments suggest Cordyceps may increase the body's supply of ATP, which is the primary form of biochemical energy used by cells to produce metabolic energy. Mice given Cordyceps show substantial increases in liver stores of ATP.[3] Cordyceps increased survival time of mice kept in a low oxygen environment, suggesting that Cordyceps helps the body use oxygen more efficiently.[4] Studies are underway in China to determine if these findings explain the energy enhancing, anti-fatigue effects of Cordyceps observed in humans. Animal experiments indicate Cordyceps may improve blood supply to the brain and heart by increasing arterial blood flow to these organs.[5]



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Human Clinical Trials

The various effects of Cordyceps on humans have been seen in both open (uncontrolled) and placebo-controlled human trials. Cordyceps was given to a group of elderly persons experiencing fatigue and other age-related complaints. Compared to subjects on placebo, those taking Cordyceps reported better energy, greater tolerance to cold, better memory and improved libido.[6] Similar improvements in energy, mental health and sexual function, along with improvements in heart function, were seen in a long-term study in which Cordyceps was given to patients with chronic heart failure.[7] Further evidence that Cordyceps benefits the cardiovascular system is shown in trials where the herb has improved heart rhythm as seen on ECG.[8]

Clinical trials appear to validate the traditional uses of Cordyceps as a beneficial herb for the lungs, respiratory system, kidneys, liver and immune system. At a dose of 3 grams per day, Cordyceps improved respiratory function and lung health by as much as 92 % after 12 weeks.[9] In several trials, Cordyceps has improved various parameters of kidney function such as increased creatinine clearance, reduced BUN and decreased urinary protein excretion.[10] Cordyceps also protects the kidneys from the toxic effects of potent antibiotics, as seen in both human and animal studies.[11] Cordyceps has successfully improved liver health, as measured by liver function tests, in patients with hepatitis and liver cirrhosis.[12] Numerous in vitro and in vivo animal studies have shown that Cordyceps influences various aspects of immune function, including phagocytosis, natural killer cells, interleukin-2 and T lymphocytes. Positive changes in T cells have been observed in human trials, as well.[13]

Antioxidant Effects

Extracts of Cordyceps exhibit strong free radical scavenging properties. Cordyceps has increased red blood cell SOD activity in humans, while at the same time reducing blood levels of MDA (monodialdehyde), a free radical by-product.[14] Cordyceps shows an ability to inhibit both oxidation of LDL by free radicals and the accumulation of oxidized LDL in macrophages.[15] Cordyceps has also decreased cholesterol deposition in the aortas of atherosclerotic mice.[16]

Ginkgo Biloba Extract- Herbal Tonic for the Brain and Circulation

An abundance of scientific evidence supports the use of Ginkgo biloba extract for improving circulation, both to the brain and extremities. Ginkgo biloba is approved by the German Commission E for treatment of memory loss, reduced concentration and other signs of impaired mental function in the aging population.[17] Uses of Ginkgo biloba include increasing brain tolerance to low oxygen, improvement of blood flow to the brain and extremities, improving mental function and learning capacity, improving equilibrium, inactivation of free radicals and inhibiting platelet activating factor. Numerous clinical trials, using standardized Ginkgo biloba extract, have demonstrated these effects in humans.[18]

Artichoke Extract-Herbal Protection for the Liver

Artichoke leaf (Cynara scolymus) is not only a popular food, it has been used as an herb for the liver since the time of the Roman Empire. Artichoke is known to stimulate bile flow and protect the liver against toxins.[19] Evidence that confirms the traditional use of Artichoke for improving liver health was seen in experiments where artichoke extracts protected cultured rat cells from the damaging effect of highly toxic oxidizing agents.[20] Artichoke exhibited an antioxidant effect by preventing the formation of MDA that occurs when cells are exposed to these agents. Normalizing bile flow may lead to improved digestion, as demonstrated in a large clinical trial that tested artichoke extract on 553 people with poor digestion.[21]

SAFETY

Cordyceps has been regarded as a very safe herb throughout its traditional history, and is considered completely safe for clinical use today. Experiments on animals have not found a lethal dose, even when Cordyceps is given in extremely high amounts (10 to 80 grams per kilogram of body weight), nor does Cordyceps have any teratogenic or mutagenic effects.[22] Instances of mild stomach discomfort have been reported in clinical trials.[23] The safety of Ginkgo biloba extract is likewise firmly established. Adverse effects with its use are rare and limited to mild gastrointestinal complaints, headaches and allergic skin reactions.[24] As an edible plant, artichoke is regarded as safe and non-toxic, although direct skin contact with artichoke leaves has been reported to cause dermatitis in allergic individuals.[25] No side effects have occurred from artichoke consumption. Due to the herb's bile-thinning action, persons with gall stones or bile-duct obstruction may wish to consult a physician before consuming large amounts of artichoke leaves or extracts.[26]*

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.

Scientific References

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Ultra Cordyceps Plus contains pure cultivated Cordyceps sinensis, an herb used for centuries in China as a vitalizing tonic that improves energy and benefits the function of various organs and systems.* Ultra Cordyceps Plus contains a strain of cultivated Cordyceps recognized by the Chinese government as most similar to wild Cordyceps sinensis, a rare fungus found in the Tibetan Highlands of China. Two herbs that support the rejuvenating effect of cordyceps are added: Ginkgo biloba extract and artichoke leaf extract.

Boosts energy & stamina*
Improves vitality*
Supports lung health*
Supports liver function*
Supports memory & mental ability*

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

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Doctor's BEST®

Science-Based Nutrition™

Herbal Dietary Supplement

Fortified with Ginkgo Biloba & Artichoke Leaf Extracts

Ultra Cordyceps Plus

*IMPROVES ENERGY, STAMINA & VITALITY**

60 Veggie Caps

Supplement Facts

Serving Size 1 capsule
Servings per container 60 servings

	Amount per serving	% Daily Value
Cordyceps sinensis (mycelium)	750 mg	†
Supplying: 8% cordycepic acid (60 mg)		
0.3% adenosine (2 mg)		
Ginkgo biloba extract (leaf)	30 mg	†
Supplying: 24% flavone glycosides (7 mg)		
6% terpene lactones (2 mg)		
Artichoke extract (leaf)	30 mg	†
Supplying: 2-5% cynarin (1-2 mg)		

† Daily Value not established.

Other ingredients: Modified cellulose (vegetarian capsules), cellulose, magnesium silicate.

Suggested Use: As an herbal dietary supplement, take 1 capsule four times daily with or without food.

Suitable for vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

Note: Cordyceps and Ginkgo biloba have mild blood-thinning properties. Use with caution when taking anti-coagulant (blood-thinning) medications. Use with caution when taking MAO inhibitors.