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[Randomized Controlled Trial](#) [J Altern Complement Med.](#) 2010 May;16(5):585-90.

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Effect of Cs-4 (Cordyceps sinensis) on exercise performance in healthy older subjects: a double-blind, placebo-controlled trial

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Abstract

Objective: The objective of this study was to examine the effect of Cs-4 (Cordyceps sinensis) on exercise performance in healthy elderly subjects.

Design: Twenty (20) healthy elderly (age 50-75 years) subjects were enrolled in this double-blind, placebo-controlled, prospective trial. The subjects were taking either Cs-4 333 mg or placebo capsules 3 times a day for 12 weeks.

Measurement: Subjects received baseline screening including physical examination and laboratory tests. Maximal incremental exercise testing was performed on a stationary cycle ergometer using breath-by-breath analysis at baseline and at the completion of the study.

Results: After receiving Cs-4 for 12 weeks, the metabolic threshold (above which lactate accumulates) increased by 10.5% from 0.83 +/- 0.06 to 0.93 +/- 0.08 L/min ($p < 0.02$) and the ventilatory threshold (above which unbuffered H(+) stimulates ventilation) increased by 8.5% from 1.25 +/- 0.11 to 1.36 +/- 0.15 L/min. Significant changes in metabolic or ventilatory threshold were not seen for the subjects in the placebo group after 12 weeks, and there were no changes in $\text{Vo}(2)$ max in either group.

Conclusion: This pilot study suggests that supplementation with Cs-4 (Cordyceps sinensis) improves exercise performance and might contribute to wellness in healthy older subjects.

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Figures

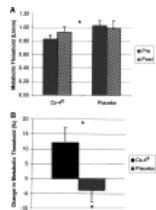


FIG. 1. Effect of Cs-4[®] and...

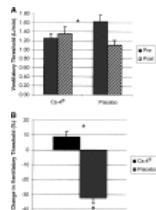


FIG. 2. Effect of Cs-4[®] and...

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