

# MEDIKING Active CORDYCEPS SINENSIS Plus Coenzyme Q10 Capsules

Ben Cao Cong Xin: C. sinensis – replenish the kidney, soothe the lung, stanch bleeding and disperse phlegm

## What is Cordyceps Sinensis?

Cordyceps Sinensis was first described in “Ben Cao Cong Xin” in 1757 written by Wu-Yiluo. It is commonly known as “DongChongXiaCao” in Chinese, meaning “winter worm summer grass”. Cordyceps Sinensis is a plant and animal complex and a precious herb which is rare and difficult to harvest. It has been known and used for many centuries in traditional Chinese medicine. In nature, Cordyceps Sinensis could only be found in places at high altitude, i.e. 3000 meters or above, such as Sichuan, Yunnan, Qinghai and Tibet. From June and July, bat moth spawns in the soil and the eggs are incubated into larvae. Fungi in soil intrude into the larvae body and continuously propagate with the nutrients absorbed from the host. Eventually, the larvae are ossified with total possession by the fungi. The fungi grow continuously and a rod-like fruiting body rise from the head of the ossified worms. The name, Cordyceps Sinensis, is derived from these two parts of the animal-plant complex.

## Active ingredients in Cordyceps include:

### Adenosine

One of the most important active ingredients in Cordyceps is adenosine. Adenosine can activate tissue repair and reconstruction signaling pathways. Adenosine is one of the antiarrhythmic agents with vasodilation effects. It is one of the essential components for signal transduction in both central and peripheral nervous system.

### Cordycepin

Cordycepin is a special kind of peptide produced by the Cordyceps with anti-fungal property. It is believed that this substance has anti-inflammatory and anti-virus property and could help maintain healthy cell through inhibition of MMP-9 protein activity and suppress lipogenesis and lipid accumulation in fat cells. It could also improve sleep and has an anti-aging effects.

## It also contains:

- Nucleic acids – important genetic material
- Free Fatty-Acids – essential body fuel
- Mannitol – promote blood osmolality and health of kidney
- Proteins – essential nutrients for human

## Coenzyme Q10

Coenzyme Q10 is a fat-soluble compound synthesized by the body and also obtained from diet. It is required for energy production within every cell. One of its critical functions is converting nutrients into energy. This conversion is very important for the heart cells to support their heavy workload and energy consumption. Coenzyme Q10 is a well-known antioxidant that can increase our oxygen utilization in the bodies, enhance body defence, promote cells self-repairing, inhibit free radicals, anti-aging and enhance physical capacity.

## Benefits of MEDIKING Active CORDYCEPS SINENSIS Plus Coenzyme Q10 Capsules:

- Maintain immunity and improve resistance
- Promote healthy lung, kidney, heart and blood
- Increase anti-oxidant content in body
- Improve metabolism, skin-whitening & anti-aging
- Increase vitality and relieve fatigue

## Recommended daily dose:

Adult: Take 2 Capsules 2 times daily or as directed by your physician.

Special Care: Take 3 Capsules 3 times daily or as directed by your physician.

Children: Take 1 Capsule daily or as directed by your physician.

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