

# Premium Cordyceps



In collaboration with:



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**Dato' Dr. Rajen M.**  
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## Health benefits of Cordyceps

- Improves immune system
- Enhances heart, lung and liver function
- Slows down ageing process
- Has high level of anti-oxidants
- Increases energy level
- Has anti-fatigue properties
- Has anti-fungal properties

## Make Cordyceps a part of your life

**Recommended Dosage**

Children	1 vegetable capsule	2 times daily before meals
Adults	1-2 vegetable capsules	



# Cordyceps - The "Wonder Herb" since centuries ago...

**ALTERNI** "Wonder Herb" is made of *Cordyceps militaris* powder. It is developed and produced by the renowned Yangtze Delta Region Institute of **Tsinghua University**.



## Clinical studies on...

### • Respiratory System

Lung capacity is increased with cordyceps which leads to easier breathing and better oxygen capacity. Oxygen absorption is increased by as much as 40 per cent (which may help explain the record-breaking performance of the Chinese athletes).

### • Immune System

Cordyceps, according to several studies, have a wide range of immunostimulating and immunomodulating properties. A clinical study of 36 patients with advanced breast and lung cancer showed that cordyceps restored immunological function.

### • Anti-ageing Activity

In placebo-controlled clinical studies, elderly patients receiving cordyceps exhibited clinical improvements including significant alleviation of fatigue, cold intolerance, dizziness, frequent nocturia, tinnitus, hyposexuality, and amnesia.

### • Reproductive System

In a clinical trial conducted with 189 patients who reported decreased sex drive, those receiving cordyceps reported significant improvement when compared to those patients receiving placebos.

In another trial involving 22 impotent male patients, more than one-third were able to engage in sexual intercourse after treatment with cordyceps, and more than one-half experienced improvement.

### • Circulatory System

Cordyceps has shown to improve liver function and help the body resist the effects of free radicals. It works by optimising blood flow to the liver and kidneys, thus enhancing their natural function to better resist the onset of diseases.

Cordyceps has also been shown to have cholesterol-reducing and general cardiotoxic properties. Cordyceps appears to inhibit cholesterol deposition in the aorta by inhibiting LDL oxidation.

The institute's Micro Environment Control Technology Research Centre complies with **ISO9001-2000**, the international quality control system standard, and is HACCP (hazard analysis and critical control point) certified.

The centre uses its patented "Micro Environment Control" technology to increase the synthesis of the active compound of cordyceps.

## About *Cordyceps Militaris*

- The name *cordyceps* comes from the Latin words *cord* and *ceps* meaning "club" and "head".
- In China it is known as *dong chong xia cao* (winter worm, summer grass), caterpillar fungus, yarshagumba, semitake and deer fungus.
- Cordyceps came to international prominence when three long distance runners broke world records at the 1993 Chinese National Games. The athletes' coach attributed their performance in part to the use of cordyceps.
- It is one of the most extensively researched and documented mushrooms by researchers worldwide.
- Cordyceps contains a host of goodness: cordycepins, essential amino acids, vitamin B<sub>1</sub>, B<sub>2</sub>, B<sub>12</sub>, E and K, mono-, di- and oligosaccharides and polysaccharides, proteins, sterols, and trace elements of minerals.