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# Cordyceps Militaris

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Info Booklet

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**International Supplier of Mushrooms and Mushroom Products**

**About Biobritte:**

“Biobritte Agro Solutions Private Limited” is top mushroom company in India which grows different type of mushrooms which includes edible or culinary mushrooms and medicinal mushrooms. Biobritte believes in quality and international standards.

“Biobritte Agro Solutions Private Limited” is ISO 9001:2015 QMS certified company. Biobritte follows strict hygienic conditions for growing; post-harvest processing, Packing and Distribution.

“Biobritte Agro Solutions Private Limited” is audited by certification agencies and obtained following product and manufacturing Certifications.

1. Food Safety and Standards Authority of India (FSSAI)

*Biobritte Agro Solutions Private Limited is International Exporter.*



## Cordyceps Mushrooms



### Basic Information:

***Cordyceps militaris*** is a species of fungus in the family Clavicipitaceae, and the type species of the genus *Cordyceps*. It was originally described by Carl Linnaeus in 1753 as *Clavaria militaris*.

*Cordyceps militaris* is a potential harbour of bio-metabolites for herbal drugs and evidences are available about its applications for revitalization of various systems of the body from ancient times. Amongst all the species, *C. militaris* is considered as the oldest source of some useful chemical constituents. Besides their popular applications for tonic medicine by the all stairs of the community, the constituents of *C. militaris* are now used extensively in modern systems of medicine.

### About the product:

Cordyceps is a fungus that lives on certain caterpillars in the high mountain regions of China. Natural cordyceps is hard to get and may be expensive. Most supplements are made with cordyceps grown in a laboratory.

Cordyceps is most commonly used for kidney disorders and male sexual problems. It is also used after a kidney transplant. It is also used for liver problems, improving athletic performance, and many other conditions

### Constituents:

The Active constituents of medicinal mushroom *Cordyceps Militaris*, especially the anti-cancer agent **Cordycepin (3'deoxyadenosine)**.

**Cordycepin** is known for various nutraceutical and therapeutic potential, such as anti-diabetic, anti-hyperlipidemia, anti-fungal, anti-inflammatory, immunomodulatory, antioxidant, anti-aging, anticancer, antiviral, hepato-protective, hypo-sexuality, cardiovascular diseases, antimalarial, anti-osteoporotic, anti-arthritic, cosmeceutical etc. which makes it a most valuable medicinal mushroom for helping in maintaining good health.

### Nutritional Importance and Benefits:

- **Athletic performance.** Several studies have shown that taking cordyceps or a combination of Cordyceps and roseroot does not improve endurance in trained male cyclists.
- **Kidney injury caused by certain antibiotics (aminoglycoside nephrotoxicity).** Early research shows that using cordyceps with the drug amikacin might reduce kidney damage caused by the drug in older people.

- **Asthma.** Early research suggests that taking cordyceps alone can reduce asthma symptoms in adults. However, other early research shows that taking cordyceps along with other herbs for 6 months does not reduce the need for medication or improve asthma symptoms in children.
- **Long-term kidney disease (chronic kidney disease or CKD).** Early research shows that taking cordyceps along with standard therapy for chronic kidney disease may improve kidney function. However, most of these studies are low quality and were conducted for only 6 months or less.
- **Kidney damage caused by contrast dyes (contrast induced nephropathy).** Some early research shows that taking cordyceps while undergoing an exam using contrast dye reduces the chance of kidney damage caused by the dye. But other early research shows no benefit.
- **Kidney damage caused by the drug cyclosporine.** There is early evidence that taking cordyceps with cyclosporine can reduce kidney damage caused by cyclosporine in people with kidney transplants.
- **Swelling (inflammation) of the liver caused by the hepatitis B virus (hepatitis B).** Early evidence shows that taking cordyceps by mouth might improve liver function in people with hepatitis B. However, cordyceps seems to be less effective than the supplements astragalus and fo-ti.
- **Kidney transplant.** Early research shows that taking cordyceps with low-dose cyclosporine can improve 1-year survival, prevent transplant rejection, and reduce the risk of infection similar to taking standard dose cyclosporine in people who received a kidney transplant. Also, cordyceps seems to improve kidney transplant

survival, kidney transplant rejection, and infection similar to azathioprine when taken with medications to prevent organ rejection. It might also reduce the risk of long-term impaired kidney function called chronic allograft nephropathy, which is the leading cause of kidney transplant failure.

- **Sexual problems that prevent satisfaction during sexual activity.** Early research shows that taking a specific cordyceps product (CordyMax Cs-4) daily for 40 days might improve sex drive in people with low sex drive.
- **Anemia.**
- **Breathing disorders.**
- **Lung infections (Bronchitis).**
- **Cough.**
- **Decreasing fatigue.**
- **Dizziness.**
- **Frequent urination at night.**
- **Heart arrhythmias.**
- **High cholesterol.**
- **Liver disorders.**
- **Promoting longevity.**
- **ringing in the ears.**
- **Weakness.**
- **Other conditions.**

## How to use Cordyceps Militaris mushrooms?

### 1. Cordyceps Tea



- Cordyceps tea is similar to making Green tea.
- Take six to eight Cordyceps fruit bodies in 200-250 ml potable water.
- Keep boiling Cordyceps bodies in water for 1 minute.
- Now, after one minute of the hard boil, put the flame at the lowest setting, cover the vessel with a lid and let it simmer for another 14-15 minutes. Research says that preparing Cordyceps tea by this method takes out maximum water-soluble components from Cordyceps into the water.
- Serve and drink your refreshing Cordyceps tea preferably after the meals.
- Fill the tea in your thermos bottle for later use. Keep the bodies. Eat the bodies. Or toss them into your meals or soups.
- Take Cordyceps tea twice a day for full effects.



## 2. Cordyceps Capsules



Cordyceps can be dried and placed in “00” capsules, in which the average amount of powdered mushroom/capsule is about 500 mg.

Taking up to 2 capsules morning and evening for mild to moderate immune support and 2-3 capsules 3 times a day for specific immune-suppressed conditions is generally recommended.

## 3. Cordyceps Powder





Cordyceps powders are equivalent to Cordyceps capsules in dosing and effectiveness.

Add them to soups and stews, or drink them in a tea or broth made from powdered Cordyceps.

**Our Products:**

<p><b>Fresh Mushrooms</b></p> 	<p><b>Dry Mushrooms</b></p> 
<p><b>Dry Mushroom extract</b></p> 	<p><b>Cordyceps Mushroom Capsules</b></p> 

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