

GUIDE TO CORDYCEPS

Cordyceps

The Mushroom of Energy

Cordyceps grows in the high-altitude regions of Tibet and China and is known for its powerful energy-supporting properties. Many regard it as the mushroom of life and death.

It's used daily to enhance stamina, support lung health, and promote vitality and performance.

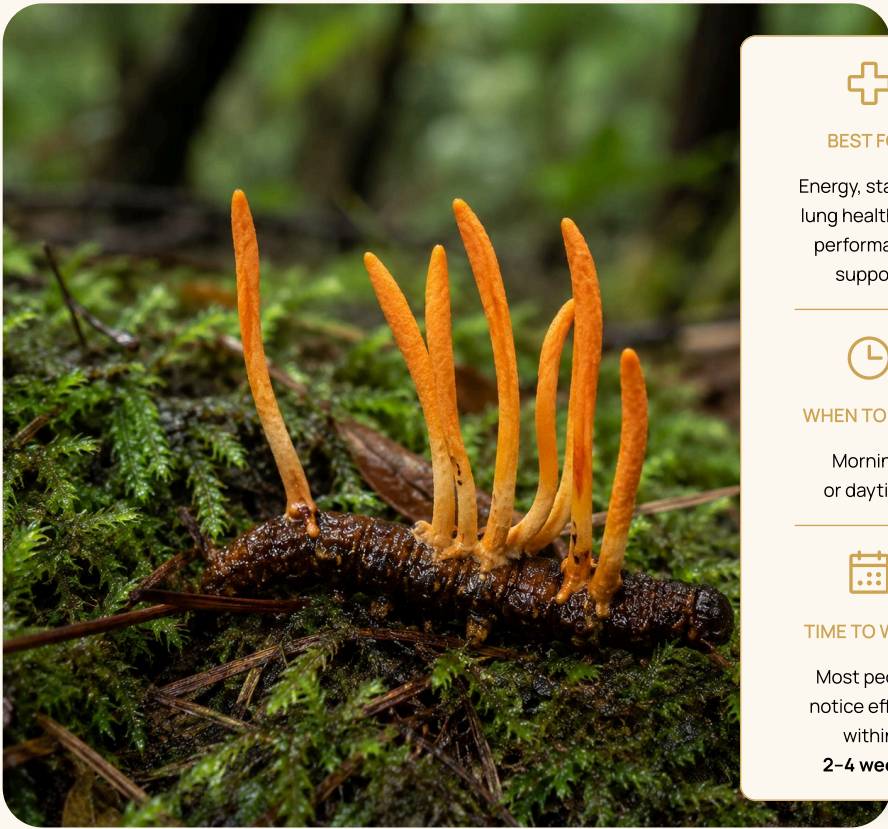
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Energy Support
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Respiratory Health
- 

Stamina & Endurance
- 

Overall Vitality





BEST FOR

Energy, stamina, lung health, and performance support



WHEN TO TAKE

Morning or daytime



TIME TO WORK

Most people notice effects within **2-4 weeks**

WHAT CORDYCEPS DOES

Fuel Your Body. Elevate Your Day.

Cordyceps helps support natural energy production.

It supports oxygen utilization, endurance, and healthy respiratory function, so you can perform at your best, every day.

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Natural Energy

Supports ATP production for clean, sustained energy
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Respiratory Support

Supports healthy lung function and oxygen uptake
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Stamina & Endurance

Helps improve physical performance and exercise capacity.



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Immune Support

Supports a healthy immune response and resilience
- 

Adaptogen Support

Helps the body adapt to stress, fatigue, and altitude
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Overall Vitality

Promotes vitality, focus, and everyday wellness.



HOW TO TAKE CORDYCEPS

Easy to Add. Easy to Power Up.

Seamlessly fit Cordyceps into your routine. Small habit, noticeable energy

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With coffee, tea, or your favourite drink
- 

Morning or daytime
- 

Take with food
- 

Combine with your other supplements

TIME TO WORK

The Power of Consistency

Cordyceps builds benefits over time. Stay consistent and let your energy grow naturally.

- Week 1**

Your body begins to adapt.
- Week 2-3**

Energy and stamina start to improve
- Week 4-6**

Endurance and respiratory support become more noticeable
- Beyond 6 weeks**

Peak performance, vitality, and resilience

TRACK YOUR PROGRESS

Power Your Progress

Track how Cordyceps supports your energy, stamina, and overall well-being over time.

1 = Low 5 = Average 10 = High



DAY	 ENERGY	 STAMINA	 FOCUS	 OVERALL VITALITY
Day 1				
Day 7				
Day 14				
Day 21				
Day 28				