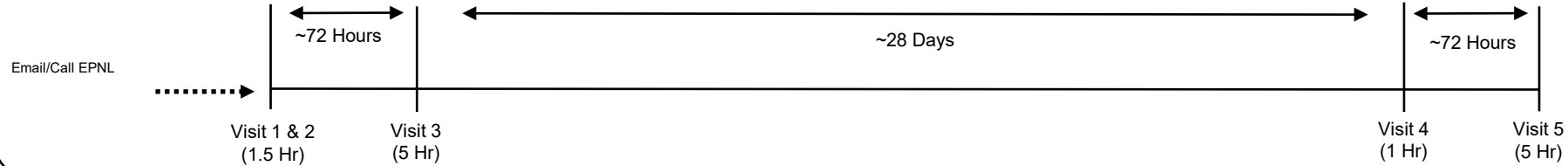


Study Overview – Cordyceps Study

Total Study Breakdown



Visit 1 & 2 (Pre-Study)

Approx. 60-90 min

- Consent
- Review medical history
- Complete questionnaires
- Exercise VO_2 test

Placebo

Cordyceps

Visit 3 (Pre-Study)

Approx. 5 hours

- Review history
- Blood Collection
- Cycling exercise
- Blood Collection
- 4 Hour Break (H_2O)
- Snack
- Blood Collection

Supplement
for 4 weeks

Visit 4 (Post-Study)

Approx. 60 min

- Review medical history
- Complete questionnaires
- Complete VO_2 exercise test

Visit 5 (Post-Study)

Approx. 5 hours

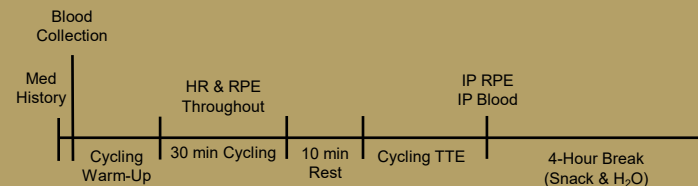
- Review history
- Blood Collection
- Cycling exercise
- Blood Collection
- 4 Hour Break (H_2O)
- Snack
- Blood Collection
- **Finished (\$500)**



Participant Details

- 21-50 years old
- 18.5 – 29.9 kg/m^2
- Physically active for past 12 months
- Generally healthy, free of disease

Visit 3 and 5 Breakdown



Logistical Details

Total Study: 30 – 35 days

Visits scheduled to start 6-10am

Visits 3 & 5

During the 4-hour Break, you can work on laptop, take calls, etc.