

# ERB

Cordyceps Mushroom Powder



ESSENTIAL • REGENERATION • BALANCE

SUNRIDER®

**ERB**

Functional Whole Food

ORGANIC

**CORDYCEPS MUSHROOM**

50 SERVINGS: NET WT. 7.2 oz. (205 g)



Nutrition Facts	
50 Servings	
50 Servings	
Calories	
Amount Per Serving	
Total Fat	
Sodium	
Total Protein	
Cholesterol	
Sodium	
Vitamin	
Total Fat	
Total Protein	

# ERB CORDYCEPS MUSHROOM POWDER

Grown naturally in the mountain regions of Asia, cordyceps mushrooms have been a staple of Traditional Chinese Medicine for centuries and are gaining popularity for their numerous health benefits. Packed with essential amino acids, B vitamins, vitamin K, sterols, antioxidants, and polysaccharides, this potent mushroom offers a nutrient-rich addition to your diet. Additionally, they contain cordycepin, an active compound with various potential health benefits, including immune and cardiovascular support.\*

## BENEFITS

- Supports the immune system\*
- Supports the cardiovascular system\*
- Supports the respiratory system\*
- Supports athletic performance\*
- Has antioxidant and anti-aging properties
- Contains polysaccharides (complex carbohydrates with many possible health benefits)
- Contains fatty acids
- Contains beta glucans (a type of soluble fiber)

## FEATURES



Non-GMO



No Gluten,  
Wheat, or Yeast



No Milk  
or Lactose



No Sweeteners  
or Preservatives



No Artificial  
Color or Flavor



Organically  
Grown

## FAQ

### Q: Do cordyceps really grow out of insects and worms?

A: In the wild, cordyceps fungi prey upon insects, caterpillars, or worms, essentially taking over and consuming the host before releasing spores into the air. However, all the cordyceps used in our products are cultivated in a controlled laboratory environment, where they grow on a substrate of natural rice and soy. Rest assured, no insects are involved or harmed in the production process.

### Q: Are there any known allergens in Cordyceps?

A: While severe allergic reactions are rare, individuals sensitive to fungi or mold should exercise caution. It's advisable to begin with a small amount and monitor for any adverse reactions. Please consult with your physician or healthcare professional prior to use.

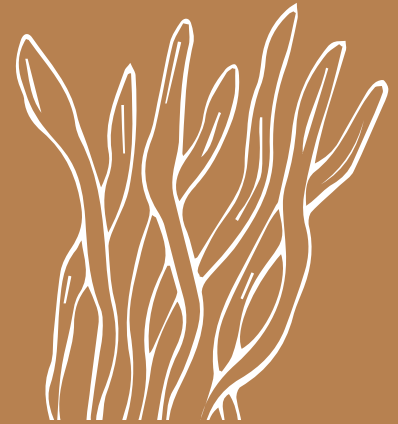
## HOW TO USE

Our cordyceps are a finely ground powder, which can be added to various foods and drinks, including tea, coffee, smoothies, even hot chocolate. Sprinkle onto salads, soups, or stir-fry dishes to add nutritional benefits. The mild flavor of cordyceps complements a wide range of recipes without overpowering other flavors.

Always read the product label – Use as directed.

WARNING: Do not use this product if you are pregnant or breastfeeding. Cordyceps may increase immune activity—avoid if you have any autoimmune conditions. Consult with your physician or healthcare professional if you are taking antidiabetic or blood thinning medication.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## INGREDIENT HIGHLIGHTS

### CORDYCEPS

Each of our ERB Functional Whole Food products is organically grown and made with only one ingredient, the food itself. With minimal processing, it's either ground into fine powders or left as whole seeds, ensuring you receive the pure essence of the food with nothing added or taken away. Enjoy the ERB functional whole food ingredients backed by Sunrider's high-quality assurance standards.

### Nutrition Facts

50 servings per container  
Serving size 1 Scoop (4.1g)

Calories per serving		0	
Amount per serving	% DV*	Amount per serving	% DV*
Total Fat 0g	0%	Total Carbohydrate 0g	0%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 0mg	0%	Protein 0g	
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cordyceps (Cordyceps sinensis)