

SEEKING RUNNERS

APPROVED
2025-140-HYBL Exp. N/A

HUMAN PHYSIOLOGY AND NUTRITION DEPARTMENT A RESEARCH STUDY ANNOUNCEMENT

STUDY OVERVIEW

Cordyceps is a mushroom that has been used for thousands of years to support kidney health, liver health, support the immune system, and to treat fatigue. Recently, it has theorized that it can support improvements in sports performance.

ELIGIBILITY CRITERIA

- 18-50 years old
- recreational or competitive runner
- NOT allergic to fungus, mushrooms, or fungal medication derivatives (i.e. penicillin)
- NOT undergoing banned substances testing for sports competition
- Some medical history, medication, and supplement exclusions apply (contact us for more details)

You will be asked to participate in a screening if you are interested in participating.

Study location: UCCS Hybl Sports Medicine and Performance Center

WHAT YOU WILL DO

- Take 6 capsules of cordyceps per day (3 in the morning, 3 in the evening) for 8 weeks
- Complete V02 max and lactate threshold testing at the beginning and the end of the study
- Answer 1 questionnaire at the end about how you feel the supplement worked

WHAT YOU WILL GET


- V02 max and lactate threshold testing data
- Information on cordyceps supplementation at the end of the study


TIME COMMITMENT TO PARTICIPATE

- With lab testing: approximately 2 hours per visit
- Weekly questionnaire: 5-15 minutes/week
- Total length of intervention: 8 weeks

FOR MORE INFORMATION, PLEASE CONTACT:

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