**[Cordyceps mycelium](https://web-admin-9grv.squarespace.com/blog/2014/4/30/cordyceps-mycelium)**

Cordyceps have been used in traditional Chinese medicine for centuries for their therapeutic effects. These nutrient rich fungi grow on a multitude of hosts by taking over the host organism. Cordyceps are made from two parts, the ascocarp and the mycelium. The mycelium are tiny fibers that invade and eventually replace the original tissues of the host organism. By breaking down the host, the mycelium are able to absorb nutrients and feed the ascocarp, or fruiting body of the cordyceps. The ascocarp of the cordycep is the portion that is easily visible to the human eye from the outside, while the mycelium are usually not visible without looking into the host organism.

Both portions of cordyceps are important, but the mycelium have been shown to be especially nutritious portions. The mycelium can be cultivated without the growth of the fruiting body and cultivation is held to strict regulations in China by China’s Ministry of Agriculture. The Ministry of Agriculture requires that all companies who cultivate cordyceps mycelium obtain a license by proving they have knowledge of cordyceps, professionally cultivating their strains using the appropriate equipment and facilities, and keep records for regular review and inspection.

Although the process of cultivating cordyceps mycelium is difficult, the nutrient rich product is worth it! Recent studies have shown that extracts made from mycelium of various cordyceps strains have hypoglycemic potential.

These benefits and more are why we use cordyceps mycelium in *Millennium® Powdered Beverage Gold Edition!* To learn more, check out our Signature Products!