

RSC Sustainability

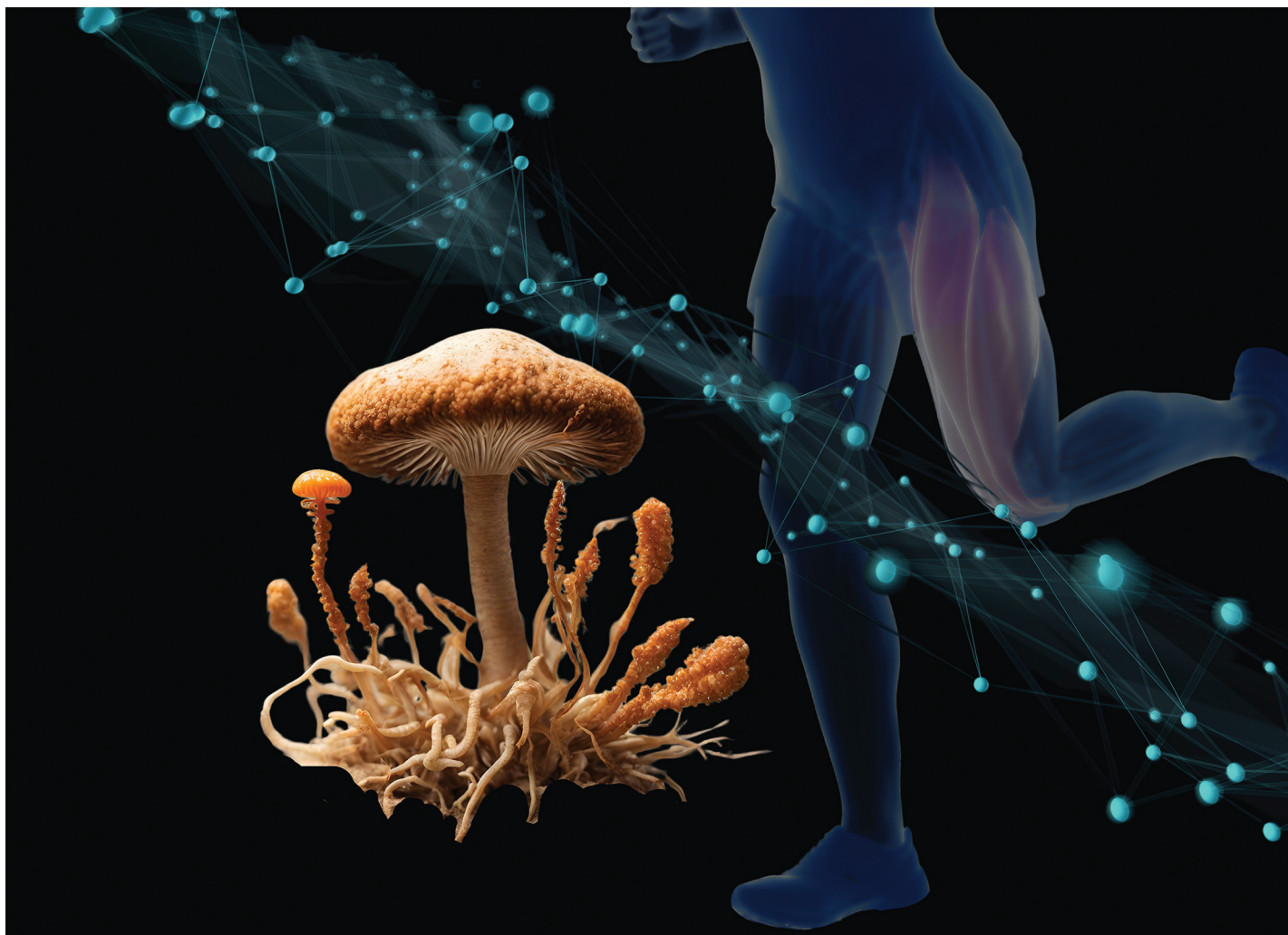
GOLD
OPEN
ACCESS

Dedicated to sustainable
chemistry and new solutions

For an open, green and inclusive future

rsc.li/RSCSus

Fundamental questions
Elemental answers



Showcasing research from Professor Chia-Hua Kuo's laboratory, Laboratory of Exercise Biochemistry, University of Taipei, Taipei, Taiwan.

Cordyceps sinensis accelerates stem cell recruitment to human skeletal muscle after exercise

Cordyceps sinensis is a parasitic fungus lethal to some insects and is known to induce a mild immune response in mammals. Nevertheless, immunity is essential for wound healing. In this study, we observed an earlier recovery from the exercise-induced muscle damage when men were pre-conditioned with oral Cordyceps supplementation before high-intensity cycling. This effect is associated with accelerated recruitment of CD34⁺/Pax7⁺ stem cells into the damaged sites for muscle regeneration. These findings highlight a novel concept of potentiating immunity to expedite exercise recovery using the fungus.

As featured in:



See Chia-Hua Kuo *et al.*,
Food Funct., 2024, **15**, 4010.