



DIMENSIÓN FUNGI · USAGE MANUAL

Cordyceps

How to take it depending on what you're after, at what time of day, and which habits to pair it with so it actually pays off.

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1 What Cordyceps is

Cordyceps grew up with a reputation as **the performance mushroom**. It became known in the nineties, when a team of Chinese athletes broke several records and their coach mentioned it among what they were taking. Ever since, it's the one people look for when the complaint is «I have no energy».

What sets it apart is **cordycepin**, a compound of its own, along with its polysaccharides. Research has focused on them to explain why people who take it consistently report holding up better under effort.

Careful with what you expect from it: **it is not a stimulant**. It doesn't rev you up or give you the coffee jolt, and if that's what you're waiting for you'll conclude it doesn't work. What people describe is that **effort costs less** — climbing stairs, finishing the workout, reaching the afternoon without dragging.

2 How to take it

Our general recommendation is **1 to 2 capsules a day**. One is a good starting point if you've never taken it; two is the usual once you know how it sits with you and you're after a sustained effect.

1 capsule a day

To start out, to hold on to what you've already gained, or if you're sensitive to supplements. Take it in the morning.

2 capsules a day

When you're after something specific: training, lasting longer, or coming out of a stretch of tiredness.

With food or without?

Either works. On an empty stomach it tends to be felt sooner; if you notice any heaviness — it happens to few people, but it happens — take it with breakfast and that settles it.

Why always in the morning?

Because its effect goes with activity, not against it. It's neither a sedative nor a stimulant, but it pairs better with the hours you're moving. Leaving it for the night is wasting it.

For how long?

The studies that looked at it worked mostly with **8 weeks**. As a practical benchmark, give it that stretch before drawing conclusions. It needs no breaks or cycles: it can be taken continuously.

About the amount: each piece of research used its own species, preparation and dose, so they aren't directly comparable to each other or to our capsules. The 1-to-2-a-day recommendation is meant for daily use that's sustainable over time.

3 Depending on your goal

Not everyone takes it for the same reason, and the best time of day depends on what you're after. Find yours below: you'll get when to take it, what to expect and — above all — which habits to pair with it. The mushroom does one part; the rest is what you build around it.

1

Everyday energy

«I want to stop starting the day tired»

This is why most people look for it. And it's worth clarifying what kind of energy it is: not coffee's, which spikes and drops, but the sense that the day weighs less. That's why it shows up more in the afternoon — when you'd normally crash — than in the first hour.

WHEN TO TAKE IT

In the morning, on waking

HOW MUCH

2 capsules together

Timeframe: Give it 8 weeks. Unlike a stimulant, there's no before and after on day one: what people describe shows up with sustained use.

HABITS THAT PAIR WITH IT

- Actually sleep: no mushroom makes up for six hours, and tiredness almost always starts there
- Have protein at breakfast instead of just coffee and bread — the mid-morning crash is usually that
- Natural light in your first hour of the day: it's what sets the body's clock
- Move for 20 minutes even so: hard to believe when you're tired, but spending energy is what produces it

Backing: International Journal of Medicinal Mushrooms, 2024

Training

«I want to perform better when I train»

This is the case where timing matters: line it up with the effort. What has been observed isn't extra strength, but **handling hard work better** and recovering sooner between sets or between days.

WHEN TO TAKE IT

45 to 60 minutes before training

HOW MUCH

2 capsules before the session

Timeframe: The reference study measured at 8 weeks, with training. That's the key: the changes came from the training, and the supplement went along with it.

HABITS THAT PAIR WITH IT

- Train with a plan and progression: the mushroom doesn't replace adding load
- Enough protein across the day — without it there's no muscle to build
- Hydrate before and during, not just after
- Rest between hard sessions: muscle grows in recovery, not in the gym

Backing: Journal of Clinical Medicine, 2019

Stamina

«I want to tire less with everyday effort»

Different from the previous one: this isn't about the gym but about daily life — climbing stairs, carrying groceries, walking fast without running out of breath. It's where resistance to effort has been most studied.

WHEN TO TAKE IT

In the morning, every day

HOW MUCH

1 to 2 capsules

Timeframe: The trials gathered in the meta-analysis worked with periods from weeks to months. Eight weeks is a fair window to know whether it works for you.

HABITS THAT PAIR WITH IT

- Walk briskly for 30 minutes most days: it's what moves this needle most
- Take the stairs when you get to choose — free, specific training
- Breathe through your nose while walking: it forces a sustainable pace
- If you smoke, this is the item on the list that will do the most for you

Backing: Evidence-Based Complementary and Alternative Medicine, 2019

Immune support

«I want to support my defences»

Less known than its sporting reputation, but it's where the most recent measurements are: changes were observed in the activity of the cells that patrol the body and in inflammation markers.

WHEN TO TAKE IT

In the morning, daily

HOW MUCH

2 capsules, sustained

Timeframe: The study measured at 8 weeks of continuous use. It's background support, not something to take the day you wake up unwell.

HABITS THAT PAIR WITH IT

- Sleep 7 to 8 hours — the variable that weighs most on defences and the most neglected
- Eat vegetables of several colours across the week, not always the same ones
- Move daily, without living in a state of exhaustion
- Look after sustained stress: staying on alert all the time takes its toll

Backing: Frontiers in Nutrition, 2024

4 How to combine it

Cordyceps gets along with the rest of our mushrooms. The simple rule: **what wakes you up goes in the morning, what calms you goes at night.**

With Lion's Mane

The most requested pair: cordyceps for the body, lion's mane for the head. Both in the morning, together.

With Reishi

Cordyceps in the morning, reishi at night. For anyone low on energy by day who struggles to switch off at night.

With Ashwagandha

When the tiredness comes from sustained stress. Ashwagandha late afternoon or at night.

With Turkey Tail

If what you want is to add immune support, the two go well together in the morning.

5 Questions

Is it like having a coffee?

No, and that's the most common mix-up. Coffee pushes for a few hours and then drops; cordyceps doesn't rev you up and isn't felt in your pulse. What people describe is that effort costs less, and that shows up over weeks, not with the first capsule.

Can I take it at night?

You can, but it's wasting it: its effect pairs with the hours you're moving. It's not a stimulant and shouldn't keep you awake, though if you're very sensitive, better not leave it for last thing.

How long until I feel something?

The studies worked mostly with 8 weeks. As a practical rule, give it that stretch before deciding whether it works for you. Anyone expecting to notice it on day one usually concludes it doesn't work.

Is it useful if I don't exercise?

Yes, but it changes what you can expect. Anything tied to body composition was measured in people who were training: there the changes came from the training and the supplement went along. Without exercise, the sensible thing is to expect support for everyday stamina.

Can I take it with coffee?

Yes, no problem. They're different things and they don't compete. The only thing to watch is excess caffeine, which produces a wired feeling easily mistaken for the mushroom's effect.

How long does a bottle last?

It depends on the presentation and on whether you take 1 or 2 a day. In **the Dimensión Fungi app** (guias.dimensionfungi.com.co/en/app/) you can log your routine and it warns you when the bottle is running low, so you don't run out midway.

Does it need cycles or breaks?

No. Unlike our microdoses, cordyceps can be taken continuously, with no scheduled pauses.

Can I take it alongside other mushrooms?

Yes, that's the most common thing. See the combinations section: the idea is to spread them across the day, not to stack them all into the same dose.

Can I take it on an empty stomach?

Yes, and quite a few people prefer it because it tends to be felt sooner. If it sits heavy, move it to breakfast and that's that.

6 The studies behind this manual

Everything this manual says about timing and windows comes from these papers. Each one has its own page with what it measured, in how many people and what it found — including which population it was studied in, which isn't always the same as the one taking it — and from there you can go to the original article.

Bebida de Cordyceps militaris y respuesta inmune en adultos sanos

En 40 adultos sanos, ocho semanas de una bebida fermentada de Cordyceps militaris aumentaron la actividad de las células NK frente al placebo ($p = 0,023$ en mujeres) y redujeron IL-1 β e IL-6, sin toxicidad hepática, renal ni sanguínea.

guias.dimensionfungi.com.co/estudios/cordyceps-inmunidad-2024/

Cordyceps militaris: revisión de sus compuestos y su acción inmune

Revisión que reúne los estudios in vitro, en animales y clínicos de Cordyceps militaris y sus constituyentes, con foco en la actividad inmunomoduladora de la cordicepina y los polisacáridos.

guias.dimensionfungi.com.co/estudios/cordyceps-revision-inmunomoduladora/

Cordyceps y rodiola con entrenamiento: cambios en composición corporal

En adultos jóvenes sedentarios, ocho semanas de entrenamiento de resistencia con un suplemento de rodiola y cordyceps redujeron peso, IMC y grasa en brazos, y aumentaron la masa muscular de las piernas frente al placebo.

guias.dimensionfungi.com.co/estudios/cordyceps-composicion-corporal-2019/

Cordyceps, función pulmonar y resistencia al esfuerzo

Revisión sistemática y metaanálisis de ensayos con Cordyceps sinensis en personas con EPOC estable. Se observaron beneficios en función pulmonar, resistencia al ejercicio, calidad de vida y síntomas, con calidad metodológica variable entre estudios.

guias.dimensionfungi.com.co/estudios/cordyceps-funcion-pulmonar/

Still have questions?

Message us and we'll help you choose based on what you're after.

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Read it in full at

guias.dimensionfungi.com.co/en/manual-cordyceps/

This manual is informational material about a wellness product. It does not replace guidance from a health professional.