**Cordyceps militaris: Effects on Cognitive Function**

The Cordyceps mushroom provides nutrients and other bioactive compounds that can provide many potential therapeutic benefits related to cognitive function. The mushroom species *Cordyceps militaris* and the closely-related species *Cordyceps sinensis* are primarily known for their effects on energy levels. These species have been shown to increase energy levels on a cellular level by actually increasing the synthesis of ATP (adenosine-5'-triphosphate) in the mitochondria. ATP is often called the "molecular unit of currency" of intracellular energy transfer. ATP transports chemical energy within cells for metabolism. Mitochondrial function declines with age and many lines of evidence suggest that mitochondria have a central role in ageing-related neurodegenerative diseases. Active ingredients in Cordyceps protect mitochondria from oxidative damage that can result in the decline of cognitive function and enhance the mitochondria’s ability to efficiently synthesis ATP for metabolic processes.

Cordyceps have also been reported to increase the efficiency of oxygen absorption in the lungs and to increase the efficiency of oxygen delivery to tissues by red blood cells. Additionally, Cordyceps has a vasodilatory effect on blood vessels that can result in increased blood flow to tissues. An adequate supply of blood and oxygen to the brain and nerve tissue is essential for optimum cognitive function.

Recent studies have shown that bioactive compounds in Cordyceps can upregulate the dopaminergic (DArgic) system that may contribute to additional neuroprotection against neurodegenerative diseases.

**REFERENCES:**


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