Exercise Performance Study

Who can qualify: Recreationally active (≥3 exercise sessions/wk) men and women, aged 40-65.

Supplement:
You will consume Cordyceps militaris (a type of mushroom), ginseng (an herbal supplement), or placebo (a simple starch) for 30 days.

Visits:
Total of 3 visits: Screening visit, an exercise testing visit prior to taking the supplement for 30 days, and an exercise testing visit after taking the supplement for 30 days.

Visits consist of:
Standard paperwork, vital signs, weight, blood work, urine sample, body composition measurement, questionnaires, exercise testing (maximal aerobic capacity test, time-to-exhaustion test, handgrip strength, isometric mid-thigh pull).

All testing is free of charge to you and the results are available to you so you can share with your physician.

Reimbursement:
In addition to your lab-work, strength, and aerobic results, you will be compensated $600 upon successful completion of the study.

About CAHS:
We are a Clinical Research Organization that focusses on health, prevention and wellness.

Our lab is made up of PhD's in Exercise Science, Registered Dietitian, Registered Nurses, Study Physician, and Research Associates.

What is Next:
Please contact us to see if you qualify and for additional information about the study.

Call/text us with any questions, our number is: **330-926-6927**

Visit our website to fill out a pre-screening form: https://www.thecahs.com/want-to-participate

Our research staff will schedule you for a screening appointment.

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