

Table 3. Characteristics of Human Subjects

Feature	Female	Male	All subjects
	(N=5)	(N=15)	(N=20)
Age (y)	24.2±7.9	22.6±8.5	23.1±8.2
Weight (kg)	48.3±6.7	73.9±11.5	65.8±15.6
Height (cm)	160.2±2.5	174.6±4.5	170.1±7.8
Body mass index (kg/m ²)	18.5±2.7	24.5±3.2	22.4±4.1
Blood pressure (mmHg)			
SBP	108.7±13.7	108.5±17.8	108.6±16.8
DBP	71.3±9.1	76.1±12.4	74.1±11.8

Values are expressed as the mean ± SD.

SBP: Systolic blood pressure, DBP: Diastolic blood pressure.

Table 4. Changes of Hematological Parameters Before and After Supplementation with Cultured Mycelium of *Cordyceps sinensis*

Parameter		Before	After
RBC count (×10 ⁶ /μL)	(n=15) M	5.38±0.37	5.39±0.40
	(n=5) F	4.63±0.17	4.63±0.26
HGB (g/L)	(n=15) M	15.75±1.49	15.79±1.00
	(n=5) F	12.84±0.76	13.02±1.09
HCT (%)	(n=15) M	45.19±4.20	44.64±2.76
	(n=5) F	37.84±1.53	37.56±2.51
MCV (fL)	(n=20)	83.92±7.11	82.74±6.80
MCH (pg/cell)	(n=20)	29.11±2.65	29.13±2.61
MCHC (g/dL)	(n=20)	34.68±0.87	35.20±0.95

Values are expressed as the mean ± SD. Every subject was supplemented with 5 capsules (400 mg *C. sinensis my*/capsule) daily for 14 d.

RBC: red blood cell, HGB: hemoglobin, HCT: hematocrit, MCV: mean corpuscular volume, MCH: mean corpuscular hemoglobin, MCHC: mean corpuscular hemoglobin concentration

done in China showed decreased concentrations of serum TG and TC in hyperlipidemic mice fed *C. sinensis*. The serum TC concentration also decreased in normal mice.²² Although there was no significant change in TG, TC or LDL-Chol in our results, a significant increase in HDL-Chol, which is sometimes called "good cholesterol", was observed. A significant function of HDL is to remove unesterified cholesterol from cells and other lipoproteins, where it may have accumulated, and return it to the liver for excretion in the bile. It is indicated that HDL scavenges excess cholesterol activity. The significant increase observed in HDL-Chol in the current study may suggest that there is some compo-

Table 5. Changes of Biochemical Values Before and After Supplementation with Cultured Mycelium of *Cordyceps sinensis*

Parameter	Before (n=20)	After (n=20)
Triglyceride (mg/dL)	95.57±30.01	93.36±39.56
Cholesterol (mg/dL)	191.58±34.33	225.14±34.61
LDL-C (mg/dL)	93.90±17.31	115.10±36.08
HDL-C (mg/dL)	51.92±7.08	64.67±6.53*
GOT (U/L)	30.32±5.11	25.01±5.57*
GPT (U/L)	21.13±5.33	21.66±4.49
TAS (U/dL)	0.51±0.11	0.65±0.11*

Values are expressed as the mean ± SD. Every subject was supplemented with 5 capsules (400 mg *C. sinensis my*/capsule) daily for 14 d.

*Significantly different from pre-test value, analyzed by student's paired t-test. LDL-C: low-density lipoprotein cholesterol, HDL-C: high-density lipoprotein cholesterol, GOT: glutamic oxaloacetic transaminase, GPT: glutamic pyruvate transaminase, TAS: total antioxidant status.

nent of *C. sinensis my* which can improve lipid metabolism. However, the mechanism responsible for the effects of *C. sinensis my* on serum lipids has to be studied further.

Activities of GOT and GPT are also shown in Table 5. Both were within reference ranges (< 40 U/L).²³ However, the activity of GOT dropped significantly ($P < 0.05$) by 17.5% after supplementation. In general, changes of GOT and GPT activities indicate imply the condition of liver or muscle. So, supplementation of *C. sinensis my* should not be harmful to the liver. However, the real significance of the decrease in GOT activity after *C. sinensis my* supplementation needs to be in-