# Cordyceps Tea, Explained

From the teas.co.uk wiki

> **Cordyceps tea, in summary:** Cordyceps is a traditional fungus drink marketed for energy and stamina: preliminary, mixed evidence and real cautions. Not tea, not a treatment.

Cordyceps is the mushroom supplement marketers sell on stamina and performance. It sits in the functional cluster alongside chaga tea.

*Last reviewed by the teas.co.uk team in March 2026.*

> ***Important:*** *general information, not medical advice. These are functional botanicals, not true tea and not treatments. Evidence is mostly preliminary, and some interact with medication or are not advised in pregnancy or with certain conditions. Check with a pharmacist or GP before using mushroom or adaptogen products, and stop if you react.*

| Aspect | The position |
|---|---|
| What it is | A drink or extract from cordyceps fungi (often Cordyceps militaris); not true tea |
| The popular claim | Energy, stamina and athletic performance, the main over-claim |
| The evidence | Small, preliminary exercise/oxygen studies; mixed, not conclusive |
| How taken | Usually an extract or blended powder, not a brewed leaf; mild, savoury |
| The caveats | Supplement quality varies; medicine interactions possible, blood sugar drugs included |

## What it is, and the evidence

Cordyceps "tea" is a drink or extract from cordyceps fungi, most often cultivated Cordyceps militaris, traditional in Chinese medicine and not true tea, so the usual tea-health framing does not automatically apply. It reaches you almost always as a concentrated extract or blended powder rather than a brewed leaf, with a mild, slightly savoury character. It is marketed mostly for energy, stamina and athletic performance, and that is precisely the over-claim: some small, preliminary studies on exercise and oxygen markers exist, but the results are mixed and fall well short of conclusive proof. The defensible description is a functional botanical with long traditional use and a growing but preliminary research base, not a proven ergogenic. See tea myths debunked.

## The cautions

The real caveats are specific, not vague. Supplement quality and dose vary widely between products, so what you actually get is uncertain. Interactions are possible, including with blood sugar drugs and medicines that dampen the body's defences, so anyone taking those should ask a professional before regular use. None of this is alarmism; it is the proportionate flag the marketing tends to skip.

### Tradition is not proof

The discipline this corner of the drinks world needs is to keep three things separate: what is traditionally claimed, what early human research actually shows, and where it stops. Cordyceps has centuries of use in Chinese systems, which is really interesting, but tradition justifies research rather than replacing it, and claims about stamina and performance go well beyond the small, mixed studies. Credit the tradition and the early signal accurately, decline the inflation, and enjoy it with clear eyes as a savoury curiosity rather than a proven pre-workout. See what counts as tea.

### Want to actually buy a good one?

If cordyceps still interests you, buy a really good product, judged by what is in the cup and not by its stamina claims. The products on this page were chosen for the cordyceps topic, so begin with them. To see the wider range, browse tea and herbal infusions at teas.co.uk or the full tea shop. As across the wiki, judge each cordyceps tea by its cup, then its description, never its marketing; work out the cost per cup; mushroom teas ship free in the UK over £35.

Browse the tea range ?

### Reference noted

- Encyclopaedia Britannica: Tea (beverage)

FROM THE CURATOR

*teas* · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

### Functional-tea reading

- Chaga tea
- Reishi tea
- Adaptogen tea explained
- Tea myths debunked

### More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag


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