**EGT20+**

L-Ergothioneine is a naturally occurring amino acid found in high concentrations in mushrooms such as Cordyceps, Shiitake, and Oyster mushrooms. It acts as a potent antioxidant, neutralizing harmful free radicals and protecting your cells from oxidative stress.\* Preliminary research suggests that L-Ergothioneine improves time-to-exhaustion performance and enhances muscle recovery after exercise.\*1Cordyceps is a time-tested adaptogen known for centuries, Cordyceps promotes energy production, improves oxygen utilization, and enhances endurance.

EGT20+ combines L-Ergothioneine (EGT) with Cordyceps (Cordyceps Sinensis). This synergistic combination leverages the potent antioxidant and anti-inflammatory properties of EGT and the adaptogenic benefits of Cordyceps to enhance athletic performance, recovery, and overall health.

REFERENCE  
1 Front Physiol. 2022 Feb 9;13:834597. doi: 10.3389/fphys.2022.834597.