PeakO2® is an organic-certified combination of six adaptogenic mushrooms grown in the USA. PeakO2® allows users to "adapt" to and overcome physical and mental stress, increasing power and endurance.\*

Clinical studies have shown [1,2]:

* PeakO2® promotes oxygen consumption during exercise\*
* PeakO2® supports ATP production\*
* PeakO2® delays time to fatigue during exercise\*

In addition, PeakO2® naturally contains beta-glucans and antioxidants, which boost the immune system and reduce inflammation in the body.\*

**References**

*[1] Dudgeon et al. The Effects of High and Low-Dose Cordyceps Militaris-Containing Mushroom Blend Supplementation After Seven and Twenty-Eight Days. Am J Sports Sci. 2018;6(1):1-7. [doi: 10.11648/j.ajss.20180601.11](https://doi.org/10.11648/j.ajss.20180601.11)*

*[2] Hirsch et al. (2017). Cordyceps militaris Improves Tolerance to High-Intensity Exercise After Acute and Chronic Supplementation. Journal of dietary supplements, 14(1), 42–53. https://doi.org/10.1080/19390211.2016.1203386*