USE OF EXTRACT OF *PHELLINUS LINTEUS* GKPI FOR PREPARING MEDICAMENT OF ENHANCING EXERCISE PERFORMANCE AND REDUCING EXERCISE FATIGUE

ABSTRACT OF THE DISCLOSURE

The present invention relates to a use of an extract of *Phellinus linteus* GKPI ion the manufacture of a medicament for enhancing exercise performance and reducing exercise fatigue, in which the medicament includes the extract of the *Phellinus linteus* GKPI as an active ingredient, and the extract includes a hot water extract and/or an ethanol extract, so as to increase an exercise duration, increase glycogen levels in a liver and muscles, as well as to decrease blood lactate and urea nitrogen levels after sports, thereby enhancing exercise performance and reducing exercise fatigue.

Fig. 5