

# Arsenic transfer chain along soil - sclerotium - stroma of Chinese cordyceps and the related health risk assessment

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**Background.** Chinese cordyceps (Lepidoptera: *Ophiocordyceps sinensis*) is a larval-fungus complex. Arsenic (As) concentration and distribution might differ during the stroma (ST) germinating process and ultimately vary between the sclerotium (SC) and the ST. As an important arsenic migration chain in the environment, the system from soil to Chinese cordyceps constitutes an exposure pathway to humans. In this study, the investigation on the As concentration in soil, SC and ST of Chinese cordyceps was carried out, and a risk assessment was conducted accordingly.

**Methods.** Soil and Chinese cordyceps samples were collected from the Tibetan Plateau in China. The samples were analyzed for the total As concentration and As species determination, which were conducted by inductively coupled plasma mass spectrometry (ICP-MS) and HPLC-ICP-MS, respectively.

**Results.** The concentration of total As in soil was much higher than that in SC and ST. The major As species was inorganic As in soil, among which  $iAs^V$  was the majority. In SC and ST, organic As was the predominant species, among which some unknown organic As was the majority. There are significant differences in the As distribution and As composition among soil environment, SC and ST. The risk assessment indicated that chronic daily ingestion in children and adults groups was higher than inhalation and dermal contact. The hazard index (*HI*) of non-carcinogenic risk and the cancer risk (*CR*) for human health were  $HI \leq 1$  and  $CR < 1 \times 10^{-4}$ , respectively.

**Conclusion.** Chinese cordyceps possess highly efficient detoxifying characteristics and play a certain significant role in As transformation during completing its life process. Additionally, our study found the levels of As in soils from the Chinese cordyceps habits were higher than the soil background values of China, but the probabilities of health risks were within the acceptable levels for humans.

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31 **ABSTRACT**

32 **Background.** Chinese cordyceps (Lepidoptera: *Ophiocordyceps sinensis*) is a larval-fungus  
33 complex. Arsenic (As) concentration and distribution might differ during the stroma (ST)  
34 germinating process and ultimately vary between the sclerotium (SC) and the ST. As an  
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41 determination, which were conducted by inductively coupled plasma mass spectrometry  
42 (ICP-MS) and HPLC -ICP-MS, respectively.

43 **Results.** The concentration of total As in soil was much higher than that in SC and ST. The  
44 major As species was inorganic As in soil, among which  $iAs^V$  was the majority. In SC and  
45 ST, organic As was the predominant species, among which some unknown organic As was  
46 the majority. There are significant differences in the As distribution and As composition  
47 among soil environment, SC and ST. The risk assessment indicated that chronic daily  
48 ingestion in children and adults groups was higher than inhalation and dermal contact. The  
49 hazard index (*HI*) of non-carcinogenic risk and the cancer risk (*CR*) for human health were  
50  $HI \leq 1$  and  $CR < 1 \times 10^{-4}$ , respectively.

51 **Conclusion.** Chinese cordyceps possess highly efficient detoxifying characteristics and  
52 play a certain significant role in As transformation during completing its life process.  
53 Additionally, our study found the levels of As in soils from the Chinese cordyceps habits  
54 were higher than the soil background values of China, but the probabilities of health risks  
55 were within the acceptable levels for humans.

56 **Keywords** Chinese cordyceps, Arsenic, Soil, Health risk

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58 **INTRODUCTION**

59 Chinese cordyceps (Fig. 1), known as a famous fungal, is a fungus-caterpillar complex  
60 distributed mainly in the Tibetan Plateau. The definite Latin name of this fungus was debated in  
61 recent decades. In this article, the fungus-caterpillar complex is represented by the term “Chinese  
62 cordyceps” (Dong et al., 2016). Chinese cordyceps goes through two stages to complete its life  
63 cycle, teleomorph and anamorph. In the summer, the ascospores erupt from mature stroma and  
64 form directly into conidia, or mycelium. In the autumn, conidia or mycelium in deeper soil can  
65 infect host (Zhang et al., 2012). Similarly, after incubating from the eggs scattered on the  
66 grassland, the host *Thitarodes* (Lepidoptera: *Hepialidae*) larvae infiltrate deep into the soil (Fig.  
67 1A) and safely reside in the roots of their preferred substrates throughout the long-lasting larval  
68 stage (Fig. 1B) (Chen et al., 2009). After developing through four to five instars (approximately  
69 2-3 years), the larvae may be infected by the fungus in the soil in June (Fig. 1D) (Zou et al.,  
70 2010). The larvae then become a fungal host, and gradually, their interior are filled with thread-  
71 like hyphae to form the caterpillar-shaped sclerotium (SC) (the so-called winter-worm, Fig. 1E)  
72 in the winter. The sclerotium germinate from the head of winter-worm in the coming spring  
73 when the frozen soil thaws, and grow into stroma (ST) (the so-called summer-grass, Fig. 1F) for  
74 approximately 2 months. Then, they mature and disperse millions of spores (Fig. 1C), initiating  
75 the next hostile takeover (Guo et al., 2017).

76 Chinese cordyceps has been used as traditional Chinese medicine for a long history. Its  
77 pharmaceutical functions, for example, antitumor, anti-inflammatory, antioxidant, anti-  
78 hyperglycemia, anti-apoptosis, immunoregulatory, and hepatoprotective have been reported in  
79 some research (Qi et al., 2014; Liu et al., 2015). However, the concentration of As (total As: 4.4-  
80 9.0 mg/kg) in Chinese cordyceps was at least three times greater than the reference value of 1  
81 mg/kg (NHFPC, 2014), which was disclosed by the China Food and Drug Administration

82 (CFDA) (CFDA, 2016a), social concerns regarding functional food health have arisen.  
83 Immediately, the functional food promotion and publicity about Chinese cordyceps was  
84 suspended (CFDA, 2016b). These events have caused social panic and have badly affected the  
85 industrial chain of Chinese cordyceps (Wang et al., 2016).

86 Arsenic, an environmental contaminant that could disperse and enter humans through the food  
87 chain, is considered to be the most concerning hazardous material in the world due to its toxicity  
88 (Styblo et al., 2000). Arsenic is found to be the toxic effect depending on its species. Inorganic  
89 arsenic (iAs) is the carcinogenic to people, like trivalent iAs (arsenite,  $\text{As}^{\text{III}}$ ) and pentavalent iAs  
90 (arsenate,  $\text{iAs}^{\text{V}}$ ), which are widely present in the soil and water (Huang and Ke, 2004). When  
91 iAs transfer into organisms along the food chain, it would be transformed into organic arsenic  
92 species (oAs) by the organisms. Monomethylarsonic acid ( $\text{MMA}^{\text{V}}$ ) and dimethylarsinic acid  
93 ( $\text{DMA}^{\text{V}}$ ) are the major metabolic products of iAs, which have lower toxicity than iAs. For the  
94 next process, the subsequent metabolites, such as organic As compounds (arsenocholine,  
95 arsenobetaine (AsB), various arsenolipids and arsenosugars), are mostly considered nontoxic  
96 (Hua et al., 2011; Styblo et al., 2000). Thus, these As transforming processes in organisms are  
97 generally considered as the detoxing process of iAs. Moreover, some trivalent metabolites,  
98 monomethylarsonous acid ( $\text{MMA}^{\text{III}}$ ), dimethylarsenic acid ( $\text{DMA}^{\text{III}}$ ) in animals and human cells  
99 or arsenic-containing hydrocarbons, such as  $\text{C}_{17}\text{H}_{37}\text{AsO}$ ,  $\text{C}_{19}\text{H}_{41}\text{AsO}$  and  $\text{C}_{23}\text{H}_{37}\text{AsO}$  in seafoods,  
100 have been confirmed to exert cytotoxicity (Arroyo-Abad et al., 2010; Meyer et al., 2014). In our  
101 previous work (Guo et al., 2018b), it found that unknown organic As species (oAsU), which  
102 were considered as arsenosugars, comprised a large proportion of total As in Chinese cordyceps.

103 Unlike other mushrooms of which only the stroma or fruiting body is consumed (Larsen et al.,  
104 1998; Kuehnelt et al., 1997), Chinese cordyceps is a larval-fungus complex, and the sclerotium is

105 the complex of the host larva (substrate) and mycelium of the fungus, while the stroma is purely  
106 composed of the fungus (Zhang et al., 2012). In this context, this study is designed to determine  
107 the arsenic species and distribution along soil habitat - sclerotium - stroma. Since the Qinghai-  
108 Tibet Plateau has higher environmental background value of As than that in other regions in  
109 China, this study also aims to investigate the risk assessment of As in the soils around Chinese  
110 cordyceps habitat.

## 111 **MATERIALS AND METHODS**

### 112 **Sample collection and preparation**

113 Three sites from the endemic areas in Shergyla Mountain, Tibet, were selected for this study.  
114 Site A, located at 29°36' N, 94°36' E; Site B, located at 29°35' N, 94°36' E; Site C, located at  
115 35°14' N, 91°48' E. During mid-July of 2017, we took fifteen soil samples in 10-20 cm topsoil  
116 and twenty Chinese cordyceps samples about 0.3 g each from each sampling site. The samples  
117 were kept in the icebox and carried back to the laboratory.

118 In the laboratory, these selected samples were dehydrated by freeze drying process. The  
119 Chinese cordyceps samples were divided into two subsamples: SC and ST. Considering ST was  
120 light and thin compared with SC, each of the ten ST subsamples were combined to form a batch  
121 sample and each of the five SC subsamples were combined to form a batch sample. Therefore,  
122 the twenty Chinese cordyceps samples collected from each sampling spot were divided into 4  
123 batches of sclerotium samples and 2 batches of stroma samples and named as  $SC_{A/B/C}$  and  
124  $ST_{A/B/C}$  according to sampling sites. Soil samples were prepared by ground up into powders with  
125 a grain size of less than 150 mesh. Every five powdered soil samples were combined into one  
126 batch and named as A/B/C according to sampling sites.

### 127 **Sample digestion**

128 For total As analysis in SC and ST, 0.1g of each pre-dried sample was digested with  
129 concentrated nitric acid (16mol/L) in the high-temperature and microwave-assisted method. The  
130 digestion methods followed our previous reference (Guo et al., 2018b). To determine the As  
131 speciation, 1 g of the sample powder was digested with 20 mL 0.15 mol/L HNO<sub>3</sub> at 90 °C using  
132 water bath for 12 hours (Guo et al., 2018b). When cooled to room temperature, all of the  
133 digested product was centrifuged for 15 min at the speed of 7104 g. Then, the collected  
134 supernatant was filtered through a sieve having a mesh aperture of 0.22 μm and kept in cold  
135 storage until analysis.

136 To determine the total As concentration in soil, approximately 0.1 g of each powdered sample  
137 was blended with a mixed solution of hydrochloric acid at 12mol/L and concentrated nitric acid  
138 at 16mol/L with the volume ratio of 3:1. The digestion procedures were performed referring to  
139 the standard method HJ 803-2016 (MEPP 2016). Different As species were extracted by  
140 reference to the Thomas (1997). Briefly, 10 mL 1 mol/L phosphoric acid (H<sub>3</sub>PO<sub>4</sub>) was added into  
141 0.2 g pre-dried sample, processed and cooled under the microwave condition. The extract was  
142 filtered and diluted with distilled water, prepared for analysis.

#### 143 **Arsenic determination of sample**

144 The total As was measured by ICP-MS (Agilent 7800, Santa Clara, CA, USA). The separation of  
145 As species (iAs<sup>III</sup>, iAs<sup>V</sup>, MMA, DMA and AsB) were conducted by HPLC (Agilent 1260, Santa  
146 Clara, CA, USA) and the separated As species were determined by ICP-MS. Based on our  
147 previous study (Guo et al., 2018b), the iAs<sup>III</sup> could not be separated from the other arsenic  
148 species. To determine the level of iAs<sup>III</sup>, 1 mL H<sub>2</sub>O<sub>2</sub> was added into the extraction to fully  
149 oxidize the iAs<sup>III</sup> to iAs<sup>V</sup> and the arsenic species were analyzed before (Figs. 2B to 2C, 2F) and

150 after (Figs. 2D to 2E, 2G) addition to H<sub>2</sub>O<sub>2</sub>. Accordingly, the iAs<sup>III</sup> was calculated by subtracting  
151 the level of iAs<sup>V</sup> before addition to H<sub>2</sub>O<sub>2</sub> from the level of iAs<sup>V</sup> after addition to H<sub>2</sub>O<sub>2</sub>.

152 Each sample was performed in triplicate. The concentrations of total As and As species were  
153 quantified using calibration curves, which made with standard samples (National Institute of  
154 Metrology, Beijing, China).

155 The analysis precision was tested by the blank reagent and Chinese national standard  
156 substances of green Chinese onion: GBW10049 (GSB-27), and of yellow croaker: GBW08573.  
157 Wide linear responses ranged in 0.5 to 500 µg/L for the total As determination and ranged in 0.2  
158 to 300 µg/L for the As species determination were obtained, and the correlation coefficients were  
159 greater than 0.9997 (Table S1). The relative standard deviations (RSD) was less than 10 %  
160 (Table S2) and the recoveries of these certified reference materials were within the acceptable  
161 range (Table S3).

## 162 **Health risk assessment of As in soil**

163 Arsenic has been documented as chemical carcinogen by USEPA (USEPA, 2011), as well as  
164 non-carcinogens for human. These arsenic can be migrated to plants and enter the human body  
165 through oral ingestion in food chain. Meanwhile, inhalation of soil / dust and dermal contact are  
166 also pathways of metal exposure to humans. Therefore, to comprehensively assess the hazards  
167 form the arsenic exposure, all of these three exposure pathways are taken in consideration.

168 According to the model of human health evaluation by the United States Environment  
169 Protection Agency (USEPA) (USEPA, 1989), the average daily doses (*ADD*, mg/(kg·d)) through  
170 the three exposure pathways (ingestion: *ADD*<sub>ing</sub>; inhalation: *ADD*<sub>inh</sub>; dermal contact: *ADD*<sub>dermal</sub>)  
171 were calculated separately as follows:

$$172 \quad ADD_{ing} = C \times \frac{IngR \times EF \times ED}{BW \times AT} \times 10^{-6} \quad (1)$$

173

$$174 \quad ADD_{inh} = C \times \frac{InhR \times EF \times ED}{PEF \times BW \times AT} \quad (2)$$

$$176 \quad ADD_{dermal} = C \times \frac{SA \times AF \times ABF \times EF \times ED}{PEF \times BW \times AT} \times 10^{-6} \quad (3)$$

177  
178 where  $C$  (mg/kg) is the concentration of total As in soil,  $EF$  (days/year) is the exposure  
179 frequency,  $ED$  (years) is the exposure duration,  $BW$  (kg) is the body weight,  $AT$  (days) is the  
180 average time,  $PEF$  (m<sup>3</sup>/kg) is the particular emission factor,  $SA$  (cm<sup>2</sup>) is the surface area of  
181 exposed skin,  $AF$  (mg/cm<sup>2</sup>) is the skin adherence factor,  $ABF$  is the absorption factor,  $IngR$  (mg/d)  
182 and  $InhR$  (m<sup>3</sup>/days) is the ingestion rate and inhalation rate, respectively. The parameter values  
183 for children and adults are shown in Table S4 by referring to Chinese assessment guidelines for  
184 an environmental site (MEPP, 2014) and U.S. exposure factors handbook (USEPA, 2011).

185 The hazard quotient ( $HQ$ ) was calculated separately as follows:

$$186 \quad HQ = \frac{ADD}{RfD} \quad (4)$$

$$187 \quad HI = \sum HQ_i \quad (5)$$

188 where  $RfD$  is the non-carcinogenic reference dose for As (mg/(kg·d)); the values through  
189 ingestion, inhalation, and dermal contact is:  $3.0 \times 10^{-4}$ ,  $1.5 \times 10^{-5}$ , and  $3.0 \times 10^{-4}$ , respectively  
190 (MEPP, 2014; USEPA, 2013; Liu et al., 2008).  $HI$  is the total exposure hazard index. If  $HQ$  or  
191  $HI < 1$ , there is no concern for non-carcinogenic effects, whereas potential non-carcinogenic  
192 risks may occur in cases where  $HQ$  or  $HI > 1$ .

193 Carcinogenic risk ( $CR$ ) was calculated as follows:

$$194 \quad CR = ADD_{ing/inh/dermal} \times SF \quad (6)$$

$$195 \quad CR_T = \sum CR \quad (7)$$

196 where  $SF$  is the slope factor of As and the values through ingestion, inhalation, and dermal  
197 contact is: 1.5,  $4.3 \times 10^{-3}$ , and 1.5, respectively (USEPA, 2011; MEPP, 2014; USEPA, 2013; Liu  
198 et al., 2008).  $CR_T$  is the sum of  $CR$  for the three pathways. The probability of cancer risk for

199 humans over a lifetime is characterized by  $CR$  with an acceptable range from  $1.0 \times 10^{-6}$  to  $1.0 \times 10^{-4}$   
200 4. If  $CR < 1.0 \times 10^{-6}$ , it suggests no significant effect on human beings, whereas  $CR > 1.0 \times 10^{-4}$  is  
201 likely to be harmful to human beings.

## 202 **Statistical analysis**

203 Data were analyzed in Microsoft Excel 2013 (Microsoft, Redmond, WA, USA) and SPSS 13.0  
204 (IBM, Chicago, IL, USA). The levels of As are calculated as the means  $\pm$  standard deviations  
205 (SD). Wilcoxon and Kruskal-Wallis tests were used to check the significance in the  
206 concentrations of total As and As species among different samples. Significant difference was  
207 considered as  $p < 0.05$ .

## 208 **RESULTS**

### 209 **Total arsenic concentration**

210 The concentrations of total As in soil of the sampling spots are presented in Table 1. The results  
211 indicated the total concentration of As was the highest in site A (16.31 mg/kg) and was the  
212 lowest in site B (13.03 mg/kg). Compared with the soil background values in China (Wei et al.,  
213 1991), the mean concentrations of total As in A, B and C were 1.5, 1.2 and 1.4 times higher,  
214 respectively.

215 The concentration of total As in SC and ST are reported in Table 1. The mean concentration of  
216 total As in SC from the study area was between 4.64 and 5.68 mg/kg. By comparing the  
217 reference value of total As in functional foods (NHFPC, 2014), it was observed that total As in  
218 SC was about 5 times higher. The mean level of total As in ST ranged from 0.82 to 1.13 mg/kg,  
219 close to the reference value (NHFPC, 2014).

220 The concentration of total As decreased as follows: soil  $>$  SC  $>$  ST ( $p < 0.01$ , Wilcoxon and  
221 Kruskal-Wallis tests, Table S5).

## 222 **Arsenic species**

223 The concentrations of different As species in soil samples are given in Table 1 (the  
224 chromatograms are shown in Figs. 2F to 2G). The results showed that inorganic As were  
225 abundant in site A, B and C, in which  $iAs^V$  was significantly higher than  $iAs^{III}$  (Table S6). By  
226 comparing with inorganic As, the concentration of organic As was significantly lower (Table S6).  
227 Besides, small amounts of AsB can be detected in organic As.

228 The concentrations of different As species in SC and ST samples are presented in Table 1 (the  
229 chromatograms are shown in Fig. 2). Under the  $H_2O_2$  treatment, most of the As species in the  
230 large peak area were not oxidized to  $iAs^V$  (Figs. 2D to 2E), which proved that the major  
231 overlapped peak was not the toxic  $iAs^{III}$  but various unknown organic As species (oAsU).  
232 However, it was not possible to evaluate their definite compounds and structures due to the lack  
233 of appropriate standards.

234 In the SC samples, inorganic As were in the minority, in which  $iAs^{III}$  was significantly higher  
235 than  $iAs^V$  (Table S6). By comparing with inorganic As, the concentration of organic As was  
236 significantly higher. Among these organic As, oAsU was abundant, while DMA and MMA were  
237 almost negligible. In the ST samples, inorganic As were also in the minority, while  $iAs^V$  was  
238 significantly higher than  $iAs^{III}$  (Table S6). By comparing with inorganic As, the concentration of  
239 organic As was significantly higher (Table S6). Among the detected organic As species, oAsU  
240 was the predominant species, only leaving AsB and DMA detected in minor amounts in some  
241 samples.

## 242 **Hazard assessment of the soil**

243 The calculated average daily doses (*ADD*) for non-carcinogens and carcinogens are summarized  
244 in Tables 2 to 3. Overall, the *ADD* through different exposure pathways decreased in the

245 following order:  $ADD_{ing} > ADD_{inh} > ADD_{derm}$ , indicating that ingestion is the major exposure path  
246 way. Meanwhile, children are more vulnerable than adults because of the higher  $ADD$ . The  
247 results of human health risk assessment of As in soil suggested that the potential non-  
248 carcinogenic significant risk was negligible since the  $HI$  was less than 1 (Table 4). The cancer  
249 risks ( $CR$ ) for human health were at an acceptable level (total  $CR < 1 \times 10^{-4}$ ) (Table 4).

250

## 251 **DISCUSSION**

### 252 **Arsenic transfer chain during Chinese cordyceps formation process**

253 As a special organism growing in the Tibetan Plateau (Li et al., 2008), Chinese cordyceps is both  
254 a consumer and a de-composer in the food-chain. Our study revealed the total As abundance in  
255 Chinese cordyceps habitat soil was higher than the average abundance on Earth. Furthermore,  
256 inorganic As accounted for the majority of total As in soil. To adapt to the toxic circumstances,  
257 the original organisms in this soil ecosphere have developed detoxifying strategies to survive.  
258 Although the As transfer chain and corresponding metabolism from the habitat soil to Chinese  
259 cordyceps have not been investigated previously, with reference to previous research on other  
260 plants (Zhao et al., 2009; Lomax et al., 2012), animals (Healy et al., 1998), and fungi (González  
261 et al., 2009; Soeroes et al., 2005; Chang et al., 2019), the complicated delivery and  
262 transformation of As can be briefly inferred as follows. First, through the passive absorption  
263 from plants' roots, the original As in the soil is transported and isolated into the plant vacuoles to  
264 avoid its toxic effects. During this process, the inorganic As keeps its original speciation because  
265 plants cell can not regulate the methylation of As due to lack of methyltransferase (Zhao et al.,  
266 2009; Lomax et al., 2012). The host *Thitarodes* larvae, which take the plants' tender roots as  
267 their preferred food for about 2-3 years (Fig. 1B), first reduce the ingested  $iAs^V$  to  $iAs^{III}$  by their

268 reductase and then methylate  $iAs^{III}$  to low toxic MMA or DMA via methylationase.  
269 Subsequently, MMA and DMA are detoxified into other nontoxic As compounds. Notably,  
270 fungus also contain methylationase for the methylation (Tang et al., 2016; Zhang et al., 2017).  
271 As expected, the results of the present study revealed that both the As concentration and  
272 speciation were significantly different between soil environment and SC. It can be inferred that  
273 the larva-fungi union has the highly efficient detoxifying mechanisms through which the  
274 inorganic As ingested by *Thitarodes* larvae had been turned into organic As.

275 Considering that SC was the complex of host larvae and mycelium, it was not possible to  
276 fairly evaluate the effect of Chinese cordyceps on As transformation only based on changes in  
277 the SC. Thus, we concentrated on the concentration and distribution of As across the ST, which  
278 grew only from the Chinese cordyceps without any interference from the host tissue. Here we  
279 found that the level of total As from SC to ST has been reduced greatly. And the level of  $iAs^{III}$   
280 was significantly higher than that of  $iAs^V$  in the SC, but the reverse occurred in the ST. The  
281 results provided strong evidence that although the host larvae ingested large amounts of toxic  
282  $iAs^{III}$  from the soil due to  $iAs^{III}$  solubility (Andrahennadi and Pickering, 2008), Chinese  
283 cordyceps could turn substantial parts into low toxic  $iAs^V$  to prevent toxicity to offspring  
284 (ascospores in ST).

285 Till now, the cultivation of wild Chinese cordyceps, which occurred from wild *Thitarods* in the  
286 wild habitat soil, has not been succeeded due to many unanswered questions on the mechanism  
287 of occurrence. Artificial cultivation in the laboratory was based on the cultivated *Thitarods* fed  
288 with prepared feed with low As background, and its life history (6 months) was much shorter  
289 than wild Chinese cordyceps (2-3 years). Our previous study (Guo et al., 2018a) comparatively  
290 studied the total As and As species in wild Chinese cordyceps and cultivated Chinese cordyceps.

291 In laboratory, the cultivated Chinese cordyceps was bred under artificial circumstance with trace  
292 As in place of the high concentrations of As on the Tibetan Plateau. The results showed that As  
293 concentration in cultivated Chinese cordyceps was much lower than that in wild Chinese  
294 cordyceps. The finding provided important evidence that for wild Chinese cordyceps, species  
295 and level of As were affected by the comprehensive function of soils, host larvae and Chinese  
296 cordyceps fungus. Based on the previous study and the results of this experiment, it could be  
297 inferred that unlike *Laccaria amethystea* (Larsen et al., 1998) and *Collybia butyracea* (Kuehnelt  
298 et al., 1997) which can accumulate As, Chinese cordyceps is a fungus with ability to reduce As.

### 299 **Arsenic concentration in soil and health risk assessment**

300 In this study, the total As concentration in soil samples measured by ICP-MS was much higher  
301 than the sum of the five As species measured by HPLC-ICP-MS. The difference between the two  
302 was unextracted arsenic ores (Liu et al., 2018). Therefore, inorganic arsenic was the  
303 predominant forms in soil and we took the concentration of total As to assess the potential risk  
304 posed by soil arsenic. A previous study reported that the As level of the soil sample in Lhasa was  
305 higher than that in our tested sites (Cheng et al., 2014) and the elevated As concentration might  
306 be related to transportation pollutants in addition to the local background values.

307 Arsenic can exist in almost all environmental media, especially in the soil and be accumulated  
308 in plants and eventually sneak into the body through the food chain (Wei et al., 2016; Tsuda and  
309 Babazono, 1992). As for the Tibetan Plateau we studied, animal husbandry and dairy industry  
310 have long occupied the important position on the local economy. Arsenic can pose most health  
311 risks through soil - plants - food - human pathways. Based on our results, although As geological  
312 background value was higher than that in China, there were no seriously threat to human health.  
313 It is worth noting that children were generally more vulnerable than adults, which is consistent

314 with many other studies (Chen et al., 2019; Li et al., 2018). However, due to the toxicity of As  
315 species differs, further studies should be focus on the potential risk caused by toxic As species  
316 rather than the total As.

317

## 318 **CONCLUSIONS**

319 This study found that the distribution and species of As were different among habitat soil, SC,  
320 and ST, suggesting that Chinese cordyceps was not an As-accumulating fungus as traditionally  
321 believed. In addition, the process of arsenic degrading and translocation occurred in the above  
322 three was explained. Overall, this study can provide new insight into the detoxification  
323 mechanism of Chinese cordyceps under high As stress and would be beneficial to the revival of  
324 Chinese cordyceps - dependent industrial chain. The risk assessment found that there was little  
325 risk for humans caused by As in the high geological background area of Qinghai-Tibet Plateau.  
326 In order to provide more evidence, the determination of potential risk caused by different arsenic  
327 species should be carried out in the further study.

328

329

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336

337 **Competing Interests**

338 The authors declare there are no competing interests.

339

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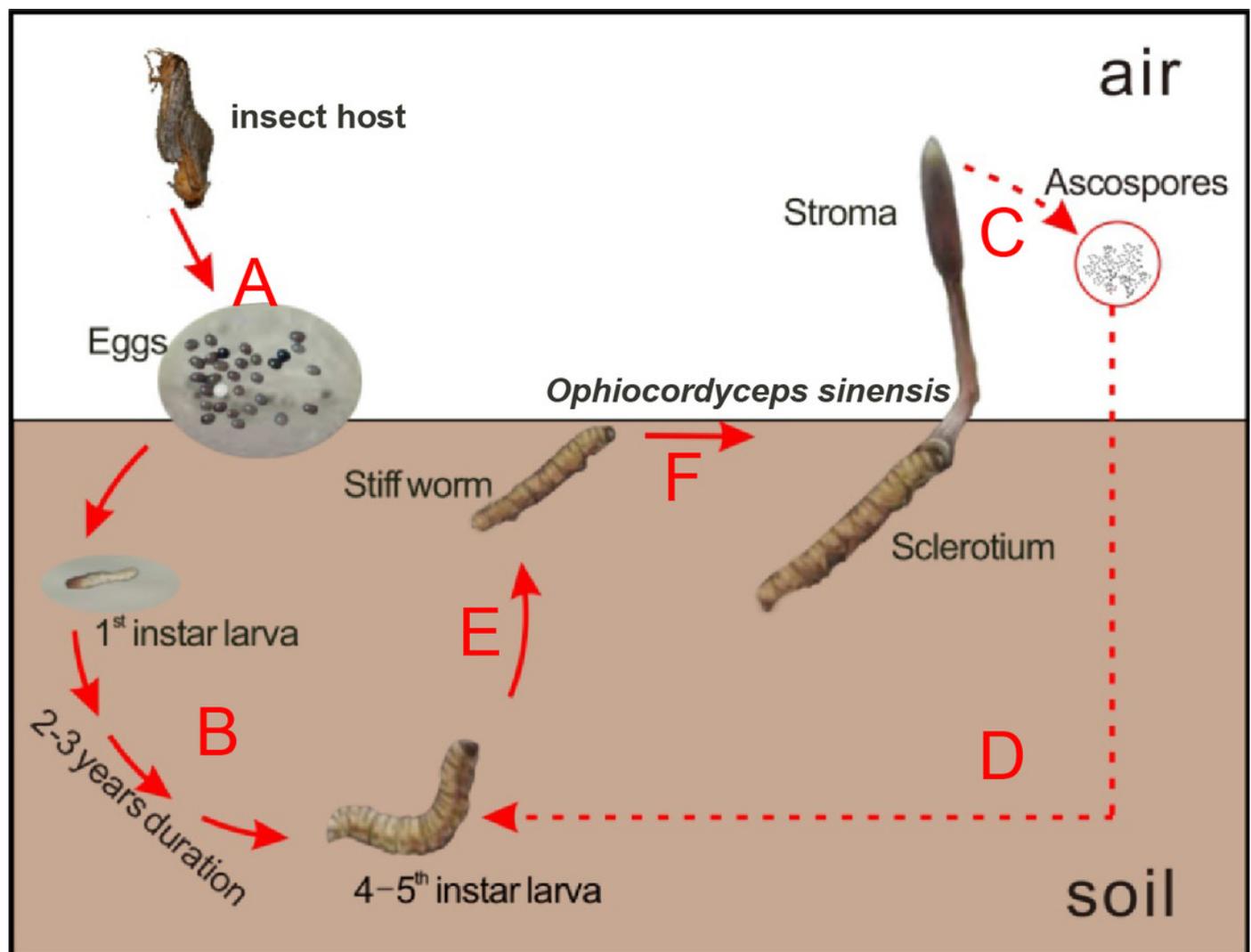
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# Figure 1

Life cycle of Chinese cordyceps.

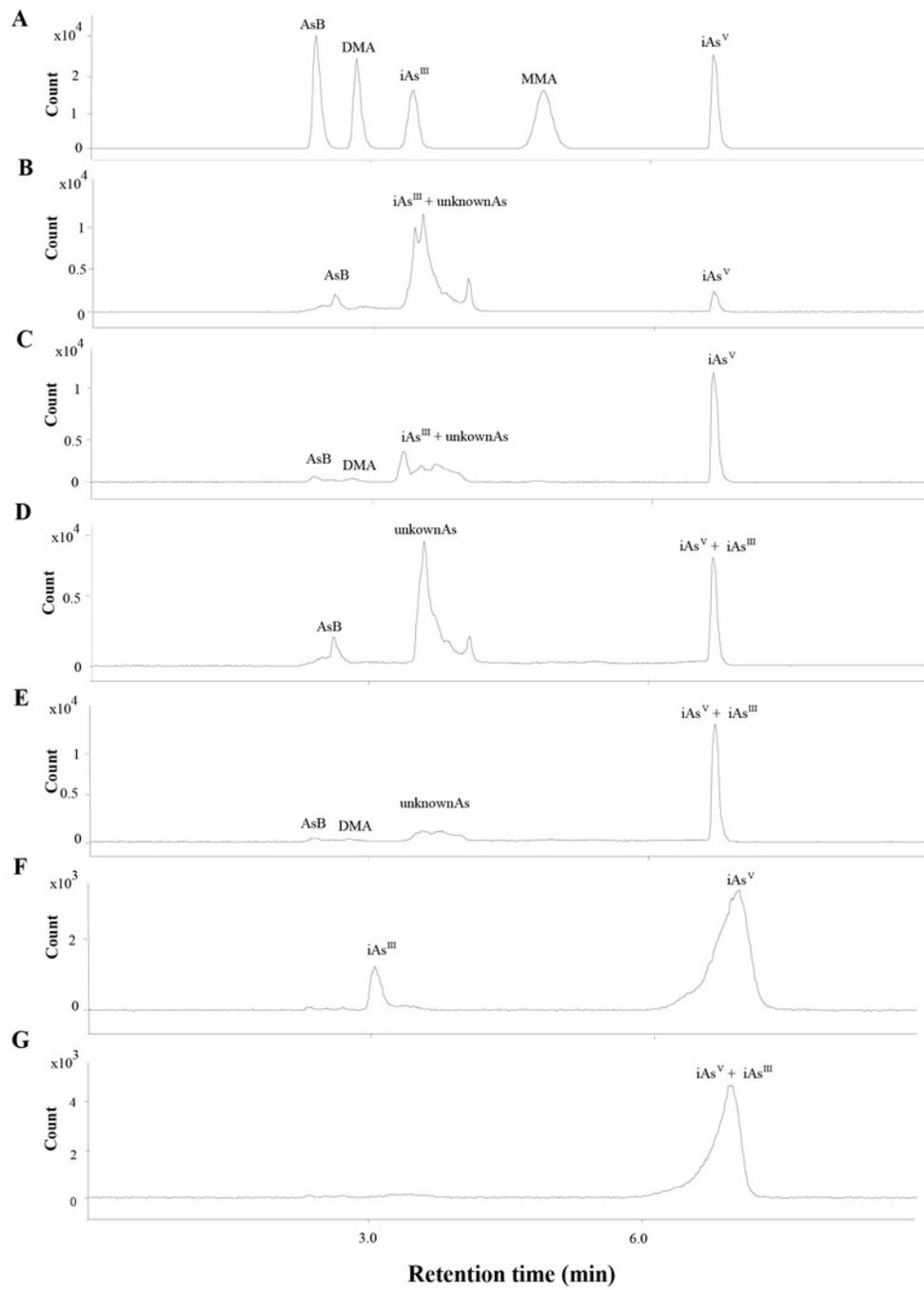
This figure was modified according to our previous study (Guo et al., 2018b). (A) The eggs came out of the insect host and started hatching. (B) The host larvae lived in the soil throughout the long-lasting larval stage. (C) The ascospores were germinated and released from the perithecia. (D) The ascospores infected the 4-5<sup>th</sup> instar larvae under the ground. (E) The caterpillar filled with threadlike hyphae and formed the sclerotium. (F) The fungus grew out from the head and formed the stroma, Chinese cordyceps finally formed.



## Figure 2

Chromatograms obtained in quantification by HPLC-ICP-MS.

(A) The mix standards of AsB, DMA,  $iAs^{III}$ , MMA and  $iAs^V$ , at 50 ppb of each arsenic species. (B) and (C) This was extracts of SC and ST collected from site B, respectively. The  $iAs^{III}$  and the other unknown peaks were overlapped. (D) and (E) This was oxidation products of the extracts of SC (B) and ST (C), the  $iAs^{III}$  was transformed into  $iAs^V$  when the extracts was added with  $H_2O_2$ . (F) This was extract of soil sample collected from site B. (G) This was oxidation products of the extracts of soil sample (F).



**Table 1** (on next page)

Concentrations<sup>a</sup> of arsenic speciation (mg/kg) (n=15 for A, B, C, n=20 for SC and ST).

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Sample	organic arsenic					□	inorganic arsenic			tAs
	AsB <sup>b</sup>	DMA	MMA	oAsU	total		□	As <sup>III</sup>	As <sup>V</sup>	
A	0.04±0.01	0.03±0.02	nd	3.75±0.25	3.82±0.26		0.62±0.15	8.91±0.35	9.54±0.21	16.31±1.82
B	0.03±0.01	0.04±0.01	nd	2.06±0.26	2.13±0.24		0.74 ±0.07	7.46±0.25	8.20±0.18	13.03±1.00
C	0.03±0.01	0.04±0.03	nd	2.88±0.29	2.95±1.01		0.66±0.03	9.26±0.39	9.92 ±0.37	15.72±1.57
SC <sub>A</sub>	0.11±0.01	nd <sup>c</sup>	nd	5.06±0.6	5.17±0.6		0.24±0.02	0.09±0.01	0.33±0.02	5.50±0.58
SC <sub>B</sub>	0.10±0.01	nd	nd	4.22±0.55	4.32±0.55		0.23±0.02	0.09 ±0.00	0.32±0.02	4.64±0.54
SC <sub>C</sub>	0.13±0.02	nd	nd	5.14±0.42	5.27±0.43		0.31±0.01	0.1±0.01	0.41±0.01	5.68±0.44
ST <sub>A</sub>	nd	nd	nd	0.77	0.77		0.07	0.19	0.26	1.03
ST <sub>B</sub>	0.01	0.01	nd	0.85	0.87		0.07	0.19	0.26	1.13
ST <sub>C</sub>	nd	nd	nd	0.63	0.63		0.07	0.12	0.19	0.82

2 **Note:**

3 <sup>a</sup>Concentrations were presented in SC<sub>A/B/C</sub> and soil (A/B/C) as mean ± standard deviation, concentrations were  
4 presented in ST<sub>A/B/C</sub> as the average value; <sup>b</sup>AsB, DMA, MMA, oAsU, As<sup>III</sup>, As<sup>V</sup> and tAs were the abbreviation  
5 of arsenobetaine, dimethylarsenic acid, monomethylarsonic acid, unknown organic arsenic, arsenite, arsenate,  
6 and total arsenic, respectively; <sup>c</sup> not detected.

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**Table 2** (on next page)

Non-carcinogenic average daily exposure doses of As in soil (mg/kg·d).

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Site	<i>ADD<sub>ing</sub></i>		<i>ADD<sub>inh</sub></i>		<i>ADD<sub>dermal</sub></i>		<i>ADD<sub>total</sub></i>	
	Adults	Children	Adults	Children	Adults	Children	Adults	Children
A	2.8 E-05	2.0 E-04	3.2 E-09	5.6 E-09	7.0 E-10	3.2 E-10	2.8 E-05	2.0 E-04
B	2.2 E-05	1.6 E-04	2.5 E-09	4.5 E-09	5.6 E-10	2.5 E-10	2.2 E-05	1.6 E-04
C	2.7 E-05	1.9 E-04	3.1 E-09	5.4 E-09	6.7 E-10	3.0 E-10	2.7 E-05	1.9 E-04

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**Table 3** (on next page)

Carcinogenic average daily exposure doses of As in soil (mg/kg·d).

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Site	<i>ADD<sub>ing</sub></i>		<i>ADD<sub>inh</sub></i>		<i>ADD<sub>dermal</sub></i>		<i>ADD<sub>total</sub></i>	
	Adults	Children	Adults	Children	Adults	Children	Adults	Children
A	9.6 E-06	1.7 E-05	1.1 E-09	4.8 E-10	2.4 E-10	2.7 E-11	9.6 E-06	1.7 E-05
B	7.7 E-06	1.3 E-05	1.7 E-09	3.8 E-10	1.9 E-10	2.2 E-11	7.7 E-06	1.3 E-05
C	9.2 E-06	1.6 E-05	1.1 E-09	4.6 E-10	2.3 E-10	2.6 E-11	9.2 E-06	1.6 E-05

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**Table 4** (on next page)

Index of carcinogenic risk and non-carcinogenic risk.

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Site	Groups	$HQ_{ing}$	$HQ_{inh}$	$HQ_{dermal}$	$HI$	$CR_{ing}$	$CR_{inh}$	$CR_{dermal}$	$CR_T$
A	Adults	0.09	2.59E-05	2.32E-06	0.09	1.4E-05	4.69E-12	3.58E-10	1.4E-05
	Children	0.66	4.54E-05	1.05E-06	0.66	2.5E-05	2.06E-12	4.05E-11	2.5E-05
B	Adults	0.07	2.07E-05	1.85E-06	0.07	1.1E-05	3.74E-12	2.86E-10	1.1E-05
	Children	0.52	3.63E-05	8.38E-07	0.52	2.0E-05	1.65E-12	3.23E-11	2.0E-05
C	Adults	0.09	2.49E-05	2.23E-06	0.09	1.4E-05	4.52E-12	3.45E-10	1.4E-05
	Children	0.63	4.38E-05	1.01E-06	0.63	2.4E-05	1.99E-12	3.90E-11	2.4E-05