

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

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**Background.** Chinese cordyceps (Lepidoptera: *Ophiocordyceps sinensis*) is a larval-fungus complex. The concentration and distribution of arsenic (As) may vary during the stroma (ST) germination process and between the sclerotium (SC) and the ST. The soil-to-Chinese cordyceps system is an environmental arsenic exposure pathway for humans. We studied the As concentration in the soil, the SC, and the ST of Chinese cordyceps, and performed a risk assessment.

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

**Conclusion.** The Chinese cordyceps possesses highly-efficient detoxifying characteristics and has a significant role in As transformation during its life cycle. We found that the levels of As in soils from the habitat of Chinese cordyceps were higher than the soil background values in China, but the probability for incurring health risks remained within the acceptable levels for humans.

1 **Arsenic transfer along the soil-sclerotium-stroma chain in Chinese cordyceps**  
2 **and the related health risk assessment**

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31 **ABSTRACT**

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46 indicated that chronic daily ingestion was higher than inhalation and dermal exposure in  
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48 for human health were  $HI \leq 1$  and  $CR < 1 \times 10^{-4}$ , respectively.

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53 the acceptable levels for humans.

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

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56 **INTRODUCTION**

57 Chinese cordyceps (Fig. 1), a famous fungus, is a fungus-caterpillar complex found mainly in the

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

74 Chinese cordyceps have a long history in traditional Chinese medicine. Its pharmaceutical  
75 functions are reported to have included antitumor, anti-inflammatory, antioxidant, anti-  
76 hyperglycemia, anti-apoptosis, immunoregulatory, and hepatoprotective effects (Qi et al., 2014;  
77 Liu et al., 2015). However, the concentration of As (total As: 4.4-9.0 mg/kg) in Chinese  
78 cordyceps was at least three times greater than the reference value of 1 mg/kg (NHFPC, 2014),  
79 which was disclosed by the China Food and Drug Administration (CFDA) (CFDA, 2016a).  
80 These levels have raised concerns regarding the health of functional foods and the promotion of

81 functional foods, specifically Chinese cordyceps, was suspended (CFDA, 2016b). The report  
82 badly affected the industrial chain of Chinese cordyceps (Wang et al., 2016).

83 Arsenic is an environmental contaminant able to disperse and enter humans through the food  
84 chain. It is considered to be the most concerning hazardous material in the world due to its  
85 toxicity (Stybło et al., 2000). The toxic effect of arsenic depends on its species. Inorganic arsenic  
86 (iAs) is carcinogenic to people, as are trivalent iAs (arsenite,  $\text{As}^{\text{III}}$ ) and pentavalent iAs (arsenate,  
87  $\text{iAs}^{\text{V}}$ ), which are widely present in the soil and water (Huang and Ke, 2004). When iAs transfer  
88 into organisms along the food chain, it would be transformed into organic arsenic species (oAs)  
89 by the organisms. Monomethylarsonic acid ( $\text{MMA}^{\text{V}}$ ) and dimethylarsinic acid ( $\text{DMA}^{\text{V}}$ ) are the  
90 major metabolic products of iAs, which have lower toxicity than iAs. The subsequent  
91 metabolites, including organic As compounds: arsenocholine, arsenobetaine (AsB), various  
92 arsenolipids, and arsenosugars, are typically considered nontoxic (Hua et al., 2011; Stybło et al.,  
93 2000). Thus, the As transforming processes in organisms are generally detoxifying for iAs.  
94 Moreover, some trivalent metabolites, including monomethylarsonous acid ( $\text{MMA}^{\text{III}}$ ) and  
95 dimethylarsenic acid ( $\text{DMA}^{\text{III}}$ ) in animals and human cells, or arsenic-containing hydrocarbons  
96 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, have been shown to be cytotoxic  
97 (Arroyo-Abad et al., 2010; Meyer et al., 2014). In our previous work (Guo et al., 2018b), we  
98 found that unknown organic As species (oAsU), which were considered to be arsenosugars,  
99 comprise a large proportion of the total As in Chinese cordyceps.

100 Unlike other mushrooms in which only the stroma or fruiting body is consumed (Larsen et al.,  
101 1998; Kuehnelt et al., 1997), the Chinese cordyceps is a larval-fungus complex, and the  
102 sclerotium is the complex of the host larva (substrate) and mycelium of the fungus, while the  
103 stroma is purely composed of the fungus (Zhang et al., 2012). In this context, our study is

104 designed to determine the arsenic species and its distribution in the soil habitat-sclerotium-  
105 stroma complex. We studied the risk assessment of As in the soils around the habitat of the  
106 Chinese cordyceps on the Qinghai-Tibet Plateau, which has a greater environmental background  
107 value of As than other regions in China.

## 108 **MATERIALS AND METHODS**

### 109 **Sample collection and preparation**

110 We selected three sites from the endemic areas in Shergyla Mountain, Tibet for this study. Site A  
111 was located at 29°36' N, 94°36' E; Site B was located at 29°35' N, 94°36' E; and Site C, was  
112 located at 35°14' N, 91°48' E. We took fifteen soil samples from the 10-20 cm topsoil and twenty  
113 Chinese cordyceps samples about 0.3 g each from each sampling site in mid-July 2017. The  
114 samples were kept in an icebox and were transported to the laboratory.

115 In the laboratory, these samples were freeze dried. The Chinese cordyceps samples were  
116 divided into two subsamples: SC and ST. ST was light and thin compared with SC, and each of  
117 the ten ST subsamples were combined to form a batch sample. Each of the five SC subsamples  
118 were combined to form a batch sample. The twenty Chinese cordyceps samples collected from  
119 each sampling spot were divided into four batches of sclerotium samples and two batches of  
120 stroma samples, which were named  $SC_{A/B/C}$  and  $ST_{A/B/C}$  according to sampling sites. Soil samples  
121 were ground into powders with a grain size of less than 150 mesh. Every five powdered soil  
122 samples were combined into one batch and named A/B/C according to sampling sites.

### 123 **Sample digestion**

124 0.1g of each pre-dried sample was digested with concentrated nitric acid (16 mol/L) using the  
125 high-temperature and microwave-assisted methods to determine the total As concentration in SC  
126 and ST. The digestion methods followed that of our earlier study (Guo et al., 2018b). To

127 determine the As speciation, 1 g of the sample powder was digested with 20 mL 0.15 mol/L  
128 HNO<sub>3</sub> at 90 °C using a water bath for 12 hours (Guo et al., 2018b). The sample was cooled to  
129 room temperature and all of the digested product was centrifuged for 15 min at the speed of 7104  
130 g. The collected supernatant was filtered through a sieve with a mesh aperture of 0.22 μm and  
131 kept in cold storage until analysis.

132 Approximately 0.1 g of each powdered sample was blended with a mixed solution of  
133 hydrochloric acid at 12mol/L and concentrated nitric acid at 16mol/L with the volume ratio of  
134 3:1 to determine the total As concentration in the soil. Digestion was performed according to the  
135 standard method, HJ 803-2016 (MEPP 2016). Different As species were extracted according to  
136 the method used by Thomas (1997). Briefly, 10 mL 1 mol/L phosphoric acid (H<sub>3</sub>PO<sub>4</sub>) was added  
137 into 0.2 g pre-dried sample, processed, and cooled in a microwave. The extract was filtered and  
138 diluted with distilled water and prepared for analysis.

### 139 **Arsenic determination of sample**

140 The total As was measured by ICP-MS (Agilent 7800, Santa Clara, CA, USA). The separation of  
141 As species (iAs<sup>III</sup>, iAs<sup>V</sup>, MMA, DMA and AsB) were conducted by HPLC (Agilent 1260, Santa  
142 Clara, CA, USA) and the separated As species were determined by ICP-MS. Based on our  
143 previous study (Guo et al., 2018b), the iAs<sup>III</sup> could not be separated from the other arsenic  
144 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  
145 oxidize the iAs<sup>III</sup> to iAs<sup>V</sup> and the arsenic species were analyzed before (Figs. 2B to 2C, 2F) and  
146 after (Figs. 2D to 2E, 2G) H<sub>2</sub>O<sub>2</sub> was added. The iAs<sup>III</sup> was calculated by subtracting the level of  
147 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>.

148 Each test was performed in triplicate. The concentrations of total As and As species were  
 149 quantified using calibration curves, which was made with standard samples (National Institute of  
 150 Metrology, Beijing, China).

151 The precision of our results was tested by a blank reagent and the Chinese national standard  
 152 for the green Chinese onion: GBW10049 (GSB-27) and the yellow croaker: GBW08573. Linear  
 153 responses ranged between 0.5 and 500  $\mu\text{g/L}$  for the total As determination and between 0.2 and  
 154 300  $\mu\text{g/L}$  for the As species determination; the correlation coefficients were greater than 0.9997  
 155 (Table S1). The relative standard deviation (RSD) was less than 10 % (Table S2) and the  
 156 recovery of these certified reference materials was within the acceptable range (Table S3).

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

158 Arsenic has been categorized as a chemical carcinogen by USEPA (USEPA, 2011), as well as  
 159 non-carcinogens for human. Arsenic can migrate into plants and enter the human body through  
 160 oral ingestion as part of the food chain. The inhalation of soil and dust, and dermal contact are  
 161 also exposure pathways for humans. Therefore, to comprehensively assess arsenic exposure all  
 162 three exposure pathways are taken into consideration.

163 According to the model of human health evaluation by the United States Environment  
 164 Protection Agency (USEPA) (USEPA, 1989), the average daily doses ( $ADD$ ,  $\text{mg}/(\text{kg}\cdot\text{d})$ ) through  
 165 the three exposure pathways (ingestion:  $ADD_{ing}$ ; inhalation:  $ADD_{inh}$ ; dermal contact:  $ADD_{dermal}$ )  
 166 were calculated separately as follows:

$$167 \quad ADD_{ing} = C \times \frac{IngR \times EF \times ED}{BW \times AT} \times 10^{-6} \quad (1)$$

$$168 \quad ADD_{inh} = C \times \frac{InhR \times EF \times ED}{PEF \times BW \times AT} \quad (2)$$

$$169 \quad ADD_{dermal} = C \times \frac{SA \times AF \times ABF \times EF \times ED}{PEF \times BW \times AT} \times 10^{-6} \quad (3)$$

172

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

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

$$181 \quad HQ = \frac{ADD}{RfD} \quad (4)$$

$$182 \quad HI = \sum HQ_i \quad (5)$$

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

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

$$189 \quad CR = ADD_{ing/inh/dermal} \times SF \quad (6)$$

$$190 \quad CR_T = \sum CR \quad (7)$$

191 where  $SF$  is the slope factor of As and the values through ingestion, inhalation, and dermal  
 192 contact is: 1.5,  $4.3 \times 10^{-3}$ , and 1.5, respectively (USEPA, 2011; MEPP, 2014; USEPA, 2013; Liu  
 193 et al., 2008).  $CR_T$  is the sum of  $CR$  for the three pathways. The probability of cancer risk for  
 194 humans over a lifetime is characterized by  $CR$  with an acceptable range from  $1.0 \times 10^{-6}$  to  $1.0 \times 10^{-5}$ .

195 4. If  $CR < 1.0 \times 10^{-6}$ , which suggests no significant effect on human beings;  $CR > 1.0 \times 10^{-4}$  is  
196 likely to be harmful to humans.

### 197 **Statistical analysis**

198 Data were analysed using Microsoft Excel 2013 (Microsoft, Redmond, WA, USA) and SPSS  
199 13.0 (IBM, Chicago, IL, USA). The levels of As were calculated as the means  $\pm$  standard  
200 deviations (SD). Wilcoxon and Kruskal-Wallis tests were used to check the significance in the  
201 concentrations of total As and As species among different samples. The significant difference  
202 was considered to be  $p < 0.05$ .

## 203 **RESULTS**

### 204 **Total arsenic concentration**

205 The concentrations of total As in the soil samples are presented in Table 1. The highest level of  
206 total As was shown in Site A (16.31 mg/kg) and the lowest level was shown in Site B (13.03  
207 mg/kg). The mean concentrations of total As in Sites A, B and C were 1.5, 1.2, and 1.4 times  
208 higher than the background soil values in China, respectively (Wei et al., 1991).

209 The concentrations of total As in SC and ST are reported in Table 1. The mean concentration  
210 of total As in SC from the study area was between 4.64 and 5.68 mg/kg. By comparing the  
211 reference value of total As in functional foods (NHFPC, 2014), it was observed that total As in  
212 SC was about five times higher. The mean level of total As in ST ranged from 0.82 to 1.13  
213 mg/kg, which was close to the reference value (NHFPC, 2014).

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

### 216 **Arsenic species**

217 The concentrations of different As species in soil samples are shown in Table 1 (the  
218 chromatograms are shown in Figs. 2F to 2G). The results showed that inorganic As was  
219 abundant in Sites A, B, and C, and  $iAs^V$  was significantly higher than  $iAs^{III}$  (Table S6). The  
220 concentration of organic As was significantly lower than inorganic As (Table S6), and small  
221 amounts of AsB were detected in organic As.

222 The concentrations of different As species in the SC and ST samples were presented in Table  
223 1 (the chromatograms are shown in Fig. 2). Under the  $H_2O_2$  treatment, most of the As species in  
224 the large peak area were not oxidized to  $iAs^V$  (Figs. 2D to 2E), which proved that the major  
225 overlapped peak was not the toxic  $iAs^{III}$  but various unknown organic As species (oAsU).  
226 However, it was not possible to evaluate their definite compounds and structures due to the lack  
227 of appropriate standards.

228 Inorganic As were in the minority in the SC samples, in which  $iAs^{III}$  was significantly higher  
229 than  $iAs^V$  (Table S6). The concentration of organic As was significantly higher when compared  
230 with inorganic As. Among these organic As, oAsU was abundant, while DMA and MMA were  
231 almost negligible. In the ST samples, inorganic As were also in the minority, while  $iAs^V$  was  
232 significantly higher than  $iAs^{III}$  (Table S6). The concentration of organic As was significantly  
233 higher than inorganic As (Table S6). Among the detected organic As species, oAsU was the  
234 predominant species and AsB and DMA were detected in minor amounts in some samples.

### 235 **Hazard assessment of the soil**

236 The calculated average daily doses (*ADD*) for non-carcinogens and carcinogens are summarized  
237 in Tables 2 and 3. The *ADD* decreased through different exposure pathways in the following  
238 order:  $ADD_{ing} > ADD_{inh} > ADD_{derm}$ , indicating that ingestion is the major exposure pathway. Chil  
239 dren are more vulnerable to toxicity than adults because of the higher *ADD*. The results of

240 human health risk assessment of As in soil suggested that the potential non-carcinogenic risk was  
241 negligible since the *HI* was less than 1 (Table 4). The cancer risks (*CR*) for human health were at  
242 an acceptable level (total  $CR < 1 \times 10^{-4}$ ) (Table 4).

243

## 244 **DISCUSSION**

### 245 **Arsenic transfer chain during Chinese cordyceps formation**

246 As a special organism growing in the Tibetan Plateau (Li et al., 2008), Chinese cordyceps is  
247 considered to be a consumer and a de-composer in the food-chain. Our study revealed the total  
248 As abundance in the soil of the habitat of the Chinese cordyceps was higher than the average  
249 overall abundance. Furthermore, inorganic As accounted for the majority of total As in soil. The  
250 original organisms in this soil ecosphere have developed detoxifying strategies to survive and  
251 adapt to the toxic circumstances. Although the As transfer chain and corresponding metabolism  
252 from the soil to Chinese cordyceps have not been investigated, previous research on plants (Zhao  
253 et al., 2009; Lomax et al., 2012), animals (Healy et al., 1998), and fungi (González et al., 2009;  
254 Soeroes et al., 2005; Chang et al., 2019) may explain the complicated delivery and  
255 transformation of As as follows: first, through the passive absorption from plants' roots, the  
256 original As in the soil is transported and isolated into the plant vacuoles to avoid its toxic effects.  
257 During this process, the inorganic As keeps its original speciation because plant cells cannot  
258 regulate the methylation of As due to lack of methyltransferase (Zhao et al., 2009; Lomax et al.,  
259 2012). The host *Thitarodes* larvae, which take the plants' tender roots for two to three years as  
260 their preferred food (Fig. 1B), first reduce the ingested  $iAs^V$  to  $iAs^{III}$  by their reductase and then  
261 methylate  $iAs^{III}$  to low toxic MMA or DMA via methylationase. Subsequently, MMA and DMA  
262 are detoxified into other nontoxic As compounds. Notably, fungus also contain methylationase

263 for the methylation (Tang et al., 2016; Zhang et al., 2017). We found that both the As  
264 concentration and speciation were significantly different between the soil environment and SC.  
265 The larva-fungi union may have highly efficient detoxifying mechanisms through which the  
266 inorganic As ingested by *Thitarodes* larvae had been turned into organic As.

267 It was not possible to accurately evaluate the effect of Chinese cordyceps on As  
268 transformation based on changes in the SC since SC was the complex of host larvae and  
269 mycelium. Thus, we focused on the concentration and distribution of As across the ST, which  
270 grew only from the Chinese cordyceps without any interference from the host tissue. Here we  
271 found that the level of total As from SC to ST has been reduced greatly. The level of  $iAs^{III}$  was  
272 significantly higher than that of  $iAs^V$  in the SC, but was the opposite in the ST. The results  
273 provided strong evidence that although the host larvae ingested large amounts of toxic  $iAs^{III}$  from  
274 the soil due to  $iAs^{III}$  solubility (Andrahennadi and Pickering, 2008), Chinese cordyceps can turn  
275 substantial parts into low toxic  $iAs^V$  to prevent toxicity to offspring (ascospores in ST).

276 The cultivation of wild Chinese cordyceps, which occurred from *Thitarods* in the habitat's  
277 natural soil has not been successful because the occurrence mechanism has been unknown.  
278 Artificial laboratory cultivation was based on the cultivated *Thitarods* fed with prepared feed  
279 containing a low As background, and its life span of six months was much shorter than wild  
280 Chinese cordyceps (two to three years). Our previous study (Guo et al., 2018a) compared the  
281 total As and As species in wild Chinese cordyceps and cultivated Chinese cordyceps. The  
282 cultivated Chinese cordyceps were bred under artificial circumstance with trace As in place of  
283 the high concentrations of As, which occur naturally on the Tibetan Plateau. Our results  
284 showed that As concentration in the cultivated Chinese cordyceps was much lower than that in  
285 wild Chinese cordyceps. This finding provided important evidence that the species and As level

286 were affected by the comprehensive function of soils, host larvae, and Chinese cordyceps fungus  
287 for wild Chinese cordyceps. It may be inferred, based on the previous study and the results of  
288 this experiment, that unlike *Laccaria amethystea* (Larsen et al., 1998) and *Collybia butyracea*  
289 (Kuehnelt et al., 1997) which can accumulate As, Chinese cordyceps can reduce As.

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

291 We found that the total As concentration in soil samples measured by ICP-MS was much higher  
292 than the sum of the five As species measured by HPLC-ICP-MS. The difference between the two  
293 was unextracted arsenic ores (Liu et al., 2018). Therefore, inorganic arsenic was the  
294 predominant form found in the soil and so we took the concentration of total As to assess the  
295 potential risk posed by soil arsenic. A previous study reported that the soil's As level in Lhasa  
296 was higher than that in our tested sites (Cheng et al., 2014) and the elevated As concentration  
297 may be related to transportation pollutants in addition to the local background values.

298 Arsenic can exist in almost all environmental media, especially in the soil. It can accumulate  
299 in plants and eventually sneak into the body through the food chain (Wei et al., 2016; Tsuda and  
300 Babazono, 1992). Animal husbandry and the dairy industry have long occupied the important  
301 position in the local economy where this study was conducted. Arsenic can pose significant  
302 health risks through the soil-plants-food-human pathway. However, there was no serious threat  
303 to human health based on our results, although As geological background value was higher than  
304 that in China. It is worth noting that children were generally more susceptible than adults, which  
305 is consistent with many other studies (Chen et al., 2019; Li et al., 2018). However, due to the  
306 toxicity variations of As species, further studies should focus on the potential risk caused by  
307 toxic As species rather than the total As.

308

## 309 CONCLUSIONS

310 We found that the distribution and species of As were varied among the habitat soil, SC, and  
311 ST, suggesting that Chinese cordyceps was not an As-accumulating fungus, as traditionally  
312 believed. In addition, we explained the process of arsenic degradation and translocation. Overall,  
313 this study provides a new insight into the detoxification mechanism of Chinese cordyceps under  
314 high As stress and can be beneficial to the revival of the Chinese cordyceps-dependent industry.  
315 Our risk assessment found that there was little risk for humans caused by As in the high  
316 geological background area of Qinghai-Tibet Plateau. In order to provide more evidence, there  
317 should be additional research to determine the potential risk caused by different arsenic species.

318

319

## 320 Funding

321 This work was supported by the Natural Science Foundation of Guangdong Province (No.  
322 2018A030313094, 2020A151501457), the Social Science and Technology Development  
323 Project of Dongguan (No. 20185071521641), the Public Health and Preventive Medicine  
324 Discipline Development Funds of Guangdong Medical University in 2020 (No. 4SG20003G),  
325 the Talents Recruitment Program of Guangdong Medical University (No. 4SG19003Gd), and the  
326 Science and the Technology Key Project of Zhangjiang (No. 2017B01233).

327

## 328 Competing Interests

329 The authors declare there are no competing interests.

330

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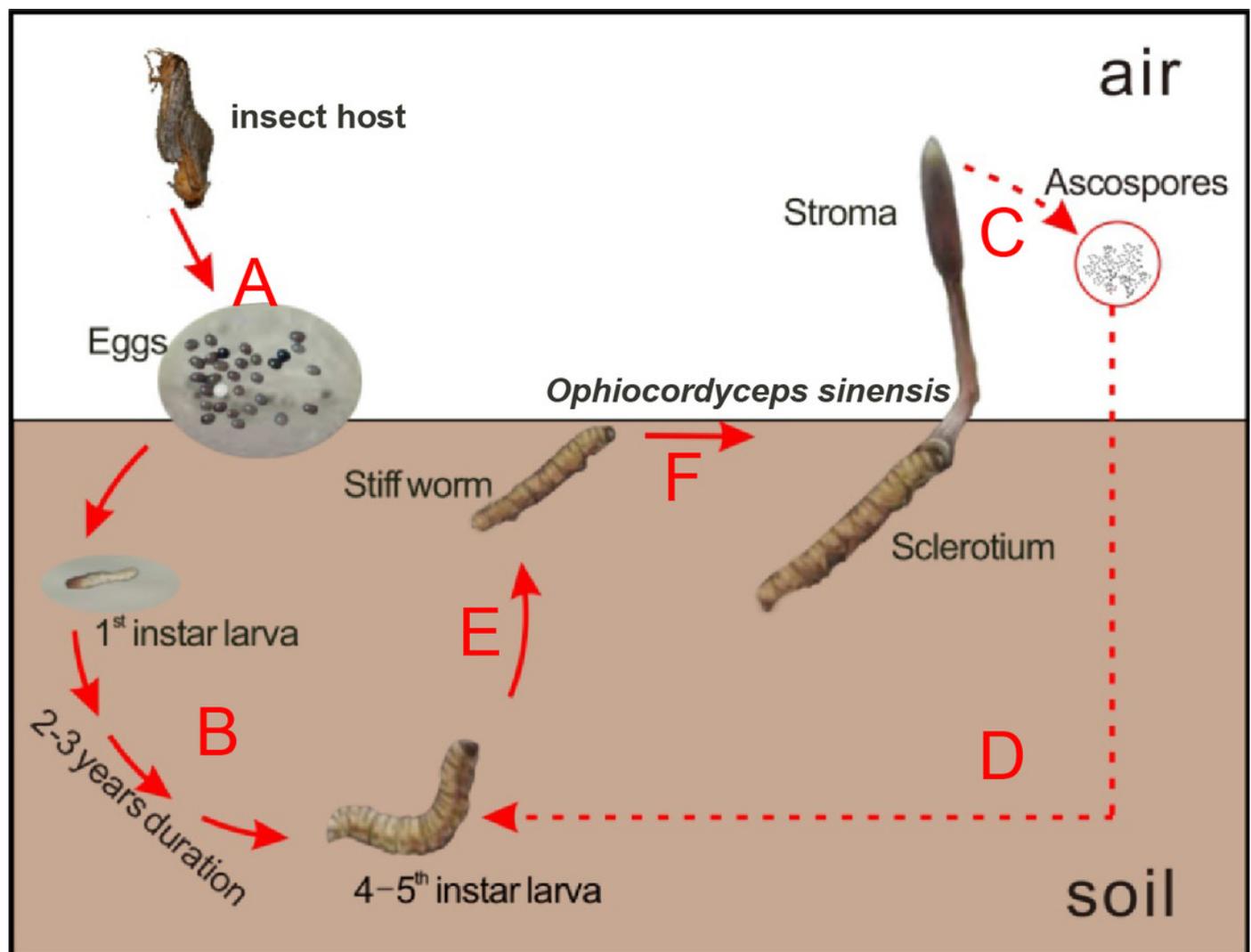
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# Figure 1

Life cycle of Chinese cordyceps.

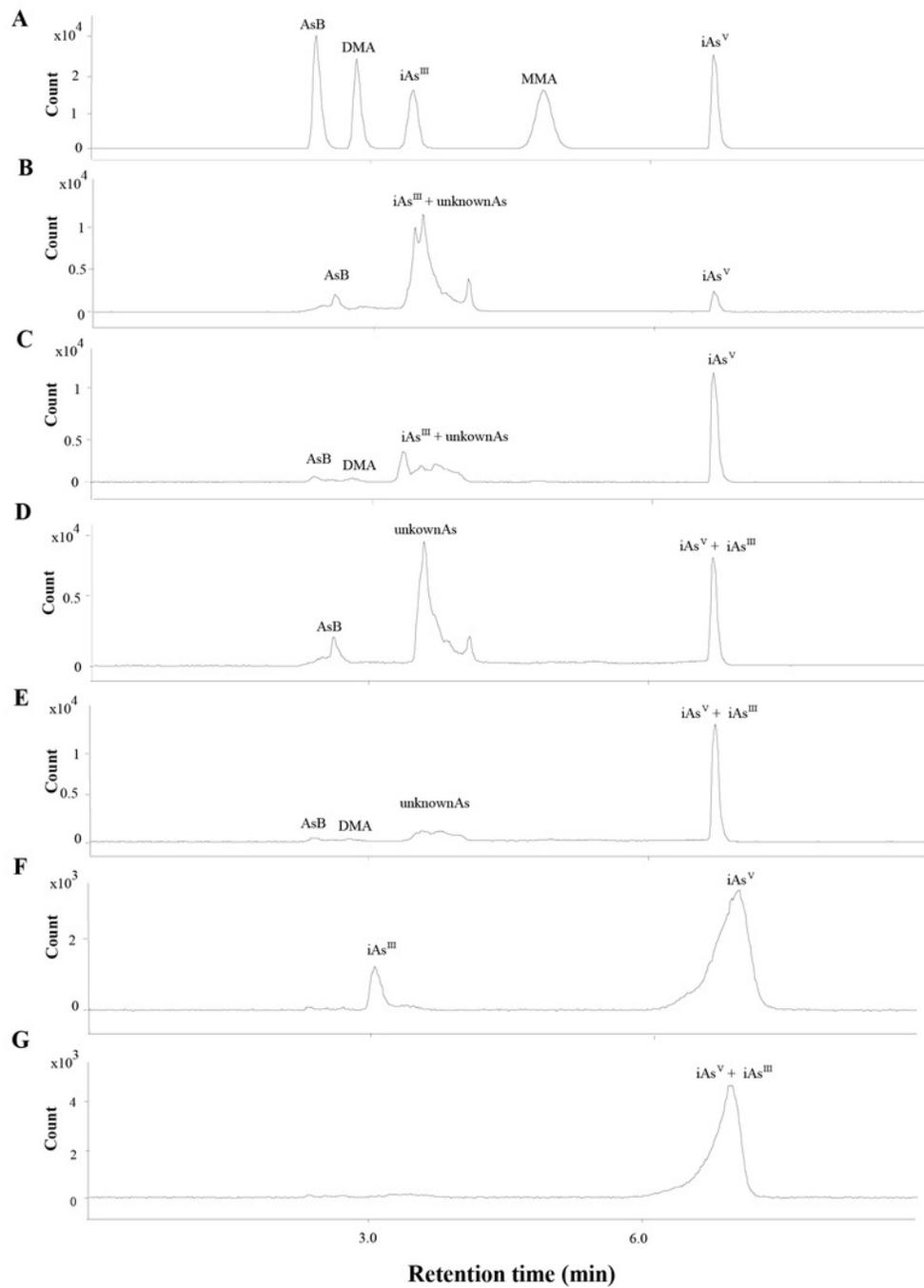
This figure was modified according to our previous study (Guo et al., 2018b). (A) The eggs came out of the insect host and started hatching. (B) The host larvae lived in the soil throughout the long-lasting larval stage. (C) The ascospores were germinated and released from the perithecia. (D) The ascospores 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).

1

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