MUSHROOMS MATTER

Nutrition

Full of powerful nutrients, mushrooms are increasingly being named as a must-have on healthy plates, providing many of the same nutritional benefits as vegetables, as well as attributes commonly found in meat, beans, and grains.

B vitamins
Riboflavin
Niacin
Panthothenic acid
Selenium
Ergothioneine
Complex carbohydrates, including fiber
Potassium
May contain beta-glucans
Copper

Mushrooms, Research, & Health

When it comes to health, researchers are increasingly turning to mushrooms.

Fight against cancer: early studies show mushrooms might be a factor in reducing levels of PSA in prostate cancer patients and help prevent recurrence of hormone-dependent breast cancers.

Anti-aging: mushrooms contain ergothioneine and glutathi-