

# Black Fungus



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*Auricularia auricula.*

Also known as wood ear

Has a number of properties similar to many other mushrooms

Anti-microbial – for bacteria, virus and parasites

Even against *E. coli* and *Staph Aureus*

Immune Balancing



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Has anti-tumour properties  
Anti-inflammatory  
Anti-coagulating properties  
Help with blood sugar and diabetes  
Help reduce lipids and cholesterol  
Prebiotic  
Contains antioxidants and lectins



# Format

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Dried – rehydrate in room temperature water

Will quadruple in size

Powder

Look in Asian stores or buy online

