

Enoki



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Flammulina velutipes

A poisonous mushroom looks similar - *Galerina marginata* but it has a brown stalk with a ring around it

Immune balancing

Contains antioxidants

Immune system supportive



Contains two chemicals: flammulin and proflamin

Both are being studied for anti-cancer properties

Also contain chitosan and CLA (conjugated linoleic acid)

Both help with burning fat (chitosan – belly fat)



Contains dietary fibre to help stabilize blood sugar,

Also help with respiratory allergies, asthma and eczema (mouse study)

One mouse study can help with memory and brain function by lowering bad bacteria

May aid digestion – easily added to any meal



Format

Fresh

Dried

