

Oyster



Oyster

Pleurotus ostreatus

Has antibacterial and anticancer properties

May aid with cholesterol and blood pressure

Can help lower excess acidity in the stomach

Supports the liver

Antioxidant and



Contains a beta-glucan compound called pleuran demonstrated anti-allergic effects in children with respiratory tract infections

In type 2 diabetic patients, oyster mushroom preparation reduced blood sugar levels and increased insulin levels

Prebiotic (supports GI function including helping with constipation)



Format

Fresh

Dried – be sure to rehydrate in room temperature water

Powder – re-hydrate

How Water extraction

