

Portobello, White and Brown Mushrooms



Portobello

Agaricus bisporus

Also known as portobella

Key compound – Ergothioneine

Antioxidant and immune balancing

Antimicrobial

Has anti-cancer properties

Anti-inflammatory



May help with preventing headaches
and migraines

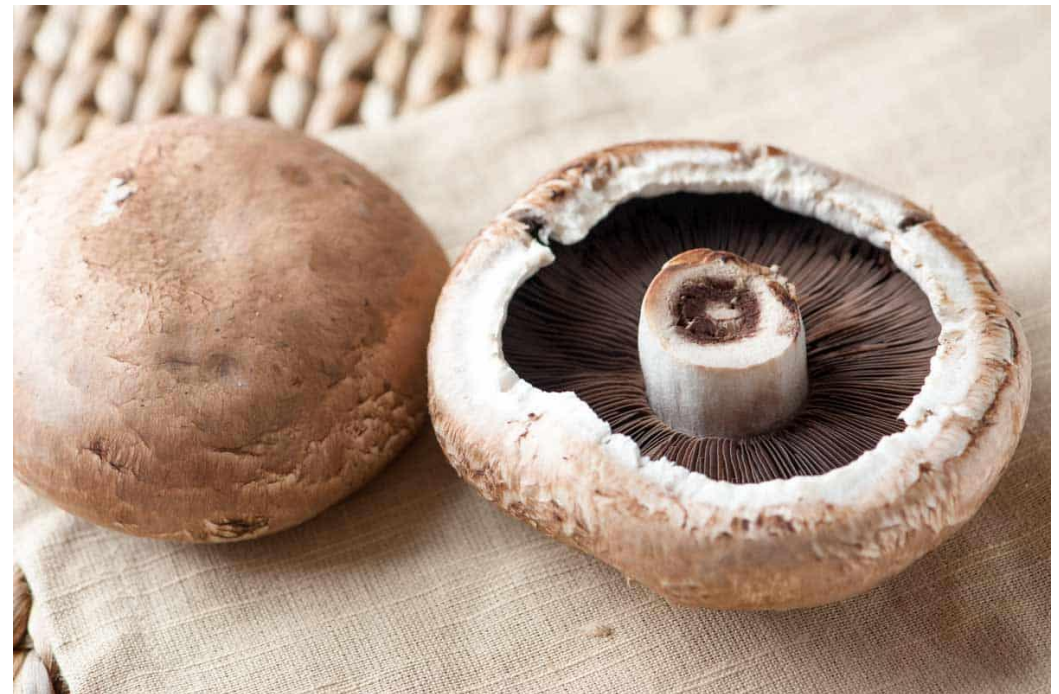
Support thyroid function

Helps prevent aging of the skin

Promote healthy bones

Balance cholesterol

Prebiotic – specific compounds not
known but consumption increased
succinate and propionate



Format

Fresh

Dried – be sure to rehydrate in room temperature water

Powder – re-hydrate

May be present in formulas



White Button Mushroom

Most popular type

Not considered a medicinal but shows properties to be just that

Belongs to the category of agaricus bisporous which includes portobello, Cremini or brown mushrooms

Contains a lectin that is anticancer – inhibiting proliferation

Also contains phenols and carotenoids



Has anti-inflammatory properties

Antioxidant properties

Lowers blood sugar in diabetic rats and lowered cholesterol in rats with high cholesterol

Inhibits aromatase activity and breast cancer cell proliferation

May enhance bone-marrow dendritic cells in mice



Raw White Mushrooms

Low risk – other members of the family too, and possible other mushrooms

Agaritine and gyromitrin – hydrazine derivatives (toxic)

May be harmful – but amount is small and diminishes when cooked

May also be acted upon by good gut bacteria to deactivate it or detox it

In general, cooking mushrooms is best

Format – fresh, dried

