

# Did you know?



Fungi eukaryotes, nucleuses found in their cells found in animals and plants.

A close-up photograph of two Amanita muscaria mushrooms. The mushrooms have bright red caps with small white spots and thick, white stems. They are growing in a field of green grass. The image is framed by a thin white border.

# **Did you know?**

**Mushrooms are antibacterial, immune system enhancers and cholesterol lowering agents.**

# Did you know?



The Egyptians viewed mushrooms to be plants of immortality and supernatural.



# Did you know?

The world's oldest fossil fungus found  
lived about 1 billion years ago.

A photograph of several mushrooms of different species and sizes arranged on a light-colored wooden surface. In the upper left, a large mushroom with a thick, light brown stem and a smooth, light brown cap is prominent. Below it, a cluster of three smaller mushrooms with white caps and stems is visible. To the right, a mushroom with a dark, spotted cap and a thick stem is partially shown. In the foreground, a mushroom with a dark, spotted cap and a thick stem is clearly visible. The background shows more mushrooms and some dried plant matter.

# Did you know?

The most cultivated mushroom worldwide is *Agaricus bisporus*.

# Nutrition Facts

Protein	4%
Potassium	6%
Polysaccharides	0%
Selenium	9%
Vitamin B1	4%
Vitamin B2	17%
Vitamin B3	13%
Vitamin B5	10%
Vitamin B12	0%
Vitamin C	2%
Vitamin D	3%
Vitamin E	0%

Mushrooms help with prevention or treatment of Parkinson, Alzheimer, hypertension, and those at a high risk for stroke.

Mushrooms combat chronic fatigue.

**Learn More on  
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