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Fresh. Simple. Good.

Antioxidants

*Recent research has found that mushrooms contain a powerful antioxidant called **L-ergothioneine**.*

Antioxidants are the heroes of cell preservation. They work by slowing or preventing the oxidative process caused by free radicals that can lead to cell damage and the onset of problems like heart disease and diabetes. Including versatile and delicious mushrooms in the diet is a good way to boost antioxidants.

- Researchers at the Pennsylvania State Mushroom Research Laboratory found that mushrooms contain significant levels of ergothioneine, which has shown antioxidant properties as a scavenger of strong oxidants.¹
- Antioxidant activity is enhanced by the presence of selenium. A half-cup serving of cooked sliced white mushrooms* provides 11% of the Daily Value for selenium.
- Ergothioneine is heat-stable, meaning it is present in both raw and cooked mushrooms.
- Portabella and crimini mushrooms have the most ergothioneine, followed closely by white mushrooms.
- Exotic mushrooms, such as maitake, oyster and shiitake, have the highest amounts of ergothioneine.

For more information about the nutrition and health benefits of mushrooms as well as some delicious recipe ideas visit Mushrooms Canada at www.mushrooms.ca.

* Approximately 1 cup raw, 8-10 medium white button mushrooms. A half-cup = 4 ounces = 113 grams

¹ Dubost NJ, Beelman RB, Peterson D and Royse DJ. Identification and Quantification of Ergothioneine in Cultivated Mushrooms by Liquid Chromatography-Mass Spectroscopy. *Int J Med Mushr* 2006;8(3):215-222.