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A Critical Review on the Health Promoting Effects of Mushrooms Nutraceuticals

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Abstract: Extensive elucidations focusing on the efficient health promoting properties and high nutritional values of mushrooms have been expanded dynamically from the past few decades. Due to its high quality of proteins, polysaccharides, unsaturated fatty acids, mineral substances, triterpenes sterols and secondary metabolites, mushrooms have always been appreciated for their vital role in protecting and curing various health problems, such as immunodeficiency, cancer, inflammation, hypertension, hyperlipidemia, hypercholesterolemia and obesity. Moreover, investigations in recent years have revealed the correlations between the health-promoting benefits and gut microbiota regulating effects induced by the mushrooms intake. Researches on the immense role in the nutritional and health

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