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Mushroom

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Description Mushrooms have been consumed over years as a part of human diet. Due to the therapeutic value of mushroom, it is categorized as a functional food with the property of disease prevention in humans. The presence of biologically active compounds having different medicinal properties provides an opportunity to develop edible mushrooms into functional foods with enhanced nutritional value and numerous health benefits. Mushrooms have cardiovascular, antidiabetic, and immune-modulating properties in order to prevent the risk of cancer and control blood sugar level with substantive antioxidant activity, which are recorded in both wild as well as cultivated species. Various bioactive compounds in mushrooms like phenolics and alkaloid and organic acid contents have the ability to inhibit lipoxidase enzymes, scavenge free radicals, and capture metals and thus contribute to the antioxidant property of mushrooms ...

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