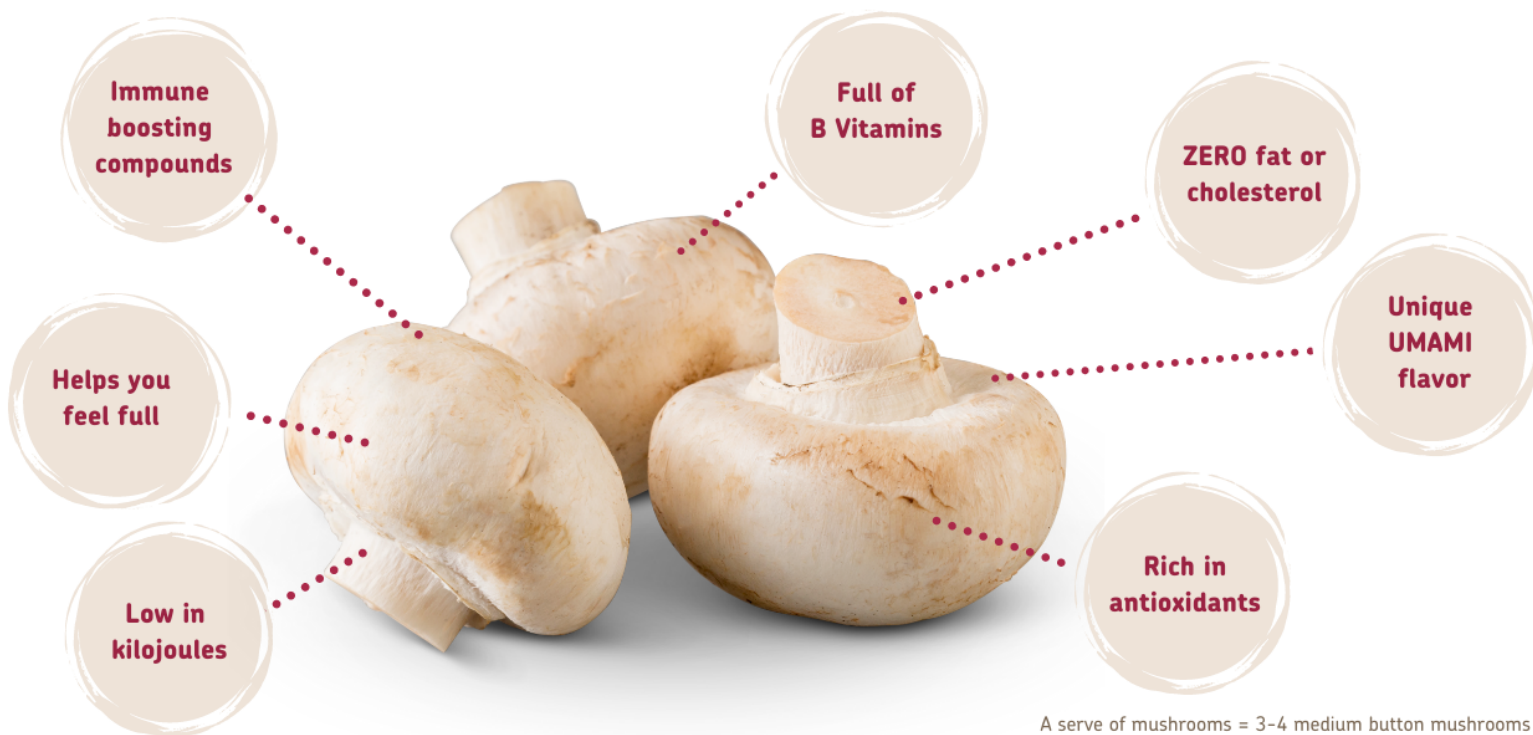




Mushrooms for health

The nutritional power of mushrooms contain a unique blend of vitamins, minerals and antioxidants that the whole family needs.



A serve of mushrooms = 3-4 medium button mushrooms

Dietitians recommend eating just one serve of mushrooms (3-4 medium button mushrooms) to give you a quarter (25%) of your daily needs of the essential vitamins, riboflavin, biotin, niacin and pantothenic acid, while contributing to your folate needs too.