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A REVIEW

MUSHROOMS: SOURCES FOR MODERN WESTERN MEDICINE

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ABSTRACT

Fungi and especially mushrooms are rich sources of many things that are important to our health. They are a good source of proteins that are important to all body functions. Their proteins are of very high quality and are rich in the most important protein building blocks, the essential amino acids. They are an excellent source of most B-vitamins and the primary natural source of ergosterol or pro-vitamin D. While many people who eat balanced diets receive all of the needed minerals, some get more sodium than they need. Mushrooms have the double benefit of low sodium and more potassium and iron than most foods. Chitin is the primary structural material in mushrooms and has been shown to be of value as dietary fiber. It can also be hydrolyzed to glucosamine, which is widely accepted by orthopedic physicians as a valuable food supplement for the prevention and alleviation of osteoarthritis.

Key words: chitin, chitosans, dietary fiber, essential amino acids, glucosamine, osteoarthritis, vitamins.
